

SUGGESTED USE: As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

†US Patent No.'s 6,706,904 and 6,716,814 are licensed by Albion International, Inc.

††Naturally occurring; therefore amount may vary.

†††Not Genetically Modified, Soy From Nature™

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
©2014 Solgar, Inc.

SOLGB78154 02B



FORMULATED FOR MEN



MALE MULTIPLE

ADVANCED PHYTONUTRIENT
MULTIPLE VITAMIN, MINERAL
AND HERBAL FORMULA FOR MEN

DIETARY SUPPLEMENT

180 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....	10	Sodium††5 mg	<1%
Total Carbohydrate.....	2 g.....<1%*	Potassium (as potassium amino acid complex†).....	99 mg.....3%
Protein.....	1 g.....2%*		
Vitamin A (as natural beta-carotene).....	15,000 IU.....300%	Citrus Bioflavonoid Complex.....	100 mg ...**
Vitamin C.....	400 mg.....667%	Choline (as choline bitartrate).....	100 mg ...**
(as L-ascorbic acid, niacinamide ascorbate)		Inositol.....	100 mg ...**
Vitamin D (as ergocalciferol).....	400 IU.....100%	Pantethine.....	7 mg ...**
Vitamin E (as D-alpha-tocopheryl succinate).....	400 IU.....1333%	Coccarboxylase.....	6 mg ...**
Thiamin (as thiamin mononitrate).....	50 mg.....3333%	Pyridoxal-5'-Phosphate.....	6 mg ...**
Riboflavin.....	50 mg.....2941%	Riboflavin-5'-Phosphate.....	6 mg ...**
Niacin (as niacinamide ascorbate, niacin).....	60 mg.....300%	Boron (as boron amino acid complex†).....	250 mcg ...**
Vitamin B6 (as pyridoxine HCl).....	75 mg.....3750%	Eleuthero Extract (4:1).....	25 mg ...**
Folic Acid.....	800 mcg.....200%	(root) (<i>Eleutherococcus senticosus</i>)	
Vitamin B12 (as cyanocobalamin).....	500 mcg.....8333%	Standardized American Ginseng.....	25 mg ...**
Biotin (as D-biotin).....	300 mcg.....100%	Extract (root) (<i>Panax quinquefolius</i>)	
Pantothenic Acid (as D-Ca pantothenate).....	80 mg.....800%	(ginsenosides 2.5 mg [10%])	
Calcium.....	400 mg.....40%	Standardized Korean Ginseng.....	25 mg ...**
(as calcium carbonate, glycinate chelate†, citrate)		Extract (root) (<i>Panax ginseng</i>)	
Iodine (as potassium iodide).....	150 mcg.....100%	(ginsenosides 2 mg [8%])	
Magnesium.....	400 mg.....100%	Saw Palmetto Extract (4:1) (berry) (<i>Serenoa repens</i>).....	25 mg ...**
(as magnesium oxide, glycinate chelate†, citrate)		Stinging Nettle Extract (4:1) (leaf) (<i>Urtica dioica</i>).....	25 mg ...**
Zinc (as zinc glycinate chelate†, histidinate chelate†).....	50 mg.....333%	Pygeum Extract (bark) (<i>Pygeum africanum</i>).....	25 mg ...**
Selenium (as L-selenomethionine).....	200 mcg.....286%	Soy Germ Extract†††.....	25 mg ...**
Copper (as copper glycinate chelate†).....	1.5 mg.....75%	Lycopene (from tomato).....	1 mg ...**
Manganese (as manganese glycinate chelate†).....	2 mg.....100%	Carotenoid Mix (alpha and beta-carotene, lutein,.....	172 mcg ...**
Chromium.....	200 mcg.....167%	zeaxanthin, cryptoxanthin)	
(as chromium nicotinate glycinate chelate†)			
Molybdenum (as molybdenum glycinate chelate†).....	50 mcg.....67%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin, Chlorophyll (color), Titanium Dioxide (color), Mannitol, Maltodextrin.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.