OTHER INGREDIENTS: DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, STEARIC ACID (VEGETABLE SOURCE), CROSCARMELLOSE SODIUM, MAGNESIUM STEARATE (VEGETABLE SOURCE), VEGETABLE COATING (SODIUM CARBOXYMETHYLCELLULOSE), HEMOGLOBIN UNITS TYROSINE; [2]DEXTRINIZING UNITS; [3]CELLULASE UNITS; [4]LIPASE UNITS

CONTAINS SOY INGREDIENTS. MILK AND WHEAT INGREDIENTS ARE USED IN FERMENTATION PROCESS OF ENZYMES. PRODUCT MAY CONTAIN TRACES OF MILK AND WHEAT. PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS, EGGS, SHELLFISH AND FISH.

MANUFACTURED FOR: WHOLE FOODS MARKET • 550 BOWIE STREET • AUSTIN, TX 78703

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www.wholefoodsmarket.com

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES. NOTE: IF YOU ARE PREGNANT, NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS, CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT. TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

†THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

GMP GOOD MANUFACTURING PRACTICES

PLEASE RECYCLE

BOTTLE IS MADE FROM 100% PCR CONTENT

2 HDPE

0 99482 41849 6

365® EVERYDAY VALUE

Men's Multi

IRON-FREE

ONCE DAILY

- SUPPORTS HEALTHY MUSCLE FUNCTION WITH MAGNESIUM & VITAMINS D & B6†
- SUPPORTS A HEALTHY PROSTATE WITH SAW PALMETTO & LYCOPENE†
- WITH GREENS, SPIRULINA & DIGESTIVE ENZYMES

60 IRON-FREE TABLETS

MULTI-VITAMIN/MULTI-MINERAL SUPPLEMENT

DIRECTIONS: TAKE 1 TABLET DAILY WITH FOOD.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% DV
Vitamin A (as 50% beta-carotene, 50% palmitate)	5000 IU	100%
Vitamin C (as ascorbic acid)	120mg	200%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (as phytonadione)	100mcg	125%
Thiamin (as thiamine mononitrate)	25mg	1667%
Riboflavin	25mg	1471%
Niacin (as niacinamide)	25mg	125%
Vitamin B6 (as pyridoxine HCl)	25mg	1250%
Folic Acid	400mcg	100%
Vitamin B12 (as cyanocobalamin)	25mcg	417%
Biotin (as d-biotin)	150mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	25mg	250%
Calcium (as calcium carbonate)	50mg	5%
Magnesium (as magnesium oxide)	25mg	6%
Zinc (as zinc citrate)	20mg	133%
Selenium (as selenomethionine, selenium amino acid chelate)	200mcg	286%
Copper (as copper amino acid chelate)	2mg	100%
Manganese (as manganese citrate)	2mg	100%

Amount Per Serving		% DV
Chromium (as chromium polynicotinate)	200mcg	167%
Molybdenum (as molybdenum amino acid chelate)	75mcg	100%
Saw Palmetto (berry) extract	50mg	*
Spirulina	50mg	*
Tomato (fruit)	50mg	*
Citrus Bioflavonoids	25mg	*
Choline (as choline bitartrate)	20mg	*
Inositol	20mg	*
Betaine (as betaine HCl)	10mg	*
Dandelion (root)	2.5mg	*
Kale (leaf)	2.5mg	*
Spinach (leaf)	2.5mg	*
Beet (root)	2.5mg	*
Lycopene	1mg	*
Protease	664 HUT[1]	*
Amylase	226 DU[2]	*
Cellulase	3 CU[3]	*
Lipase	2 LU[4]	*

*Daily Value (DV) not established.