WINDRING OF SECURITY	ocianis in	namik Asime	MINDRING PER	DELKHARE	DRIFT ARTER
Vitamin A (25% as 10	10,000 EJ	200%	Marganese	7.5 mg	375%
vitamin A palmitate & 75% as beta carotene)	beta caro	tene)	(as manganese citrate)		
Vitamin C (ascorbic acid)	250 mg	416%	Chromium	100 mog	83%
Vitamin D3 (as cholecalciferol)	50 N	13%	(as chromium picolinate)		
	100 EJ	333%	Molybdenum	12.5 mog	17%
boopheryl acid succinate)			(as molybdenum citrate)		
Vitamin K	30 mcg	38%	Saw Palmeth nowhered	50 mm	z
Thiamin (as thiamin		2,000%	extract 8.1 (buil)	See on	
hydrochloride)			Ginoer nowdered	50 ma	ŧ
Riboflavin	15 mg	882%	extract 4:1 (root)	But an	
Macin (as nacin & 2	22.5 mg	113%	Turmeric (Curcuma Amos).	50 ma	1
riacinamide)			powdered extract (root)		
Vitamin B6	15 mg	750%	Parax Ginseng Phytosome ^{te}	25 mg	z
(as pyridoxine hydrochloride)			(suy)		
		_	Bee Pollen	25 mg	ŧ
	400 mcg	6,000/%	RNA Powder	25 mg	*
igo cydimonoddinii ii			Atfalfa Juice, powder	25 mg	ı
	300 mcg	100%	12:1 (aerial part)		
	50 mg	800%	Spirulina Algae (Arthrospira	25 mg	:
(as caldium pantotheriate)			platensis, powder		
	5m mg	%02	Wheat Grass Juice (Triticum	25 mg	ŧ
carbonate & calcium citrate)			aestivum), powder (leaf)		
	150 mcg	100%	Boron (as boron citrate)	0.5 mg	
	125 mg	31%	Lutein (from Marigold	0.5 mg	ı
oxide & magnesium citrate)			flowers, Tagetes erectal		
Zinc (as zinc citrate)	15 mg	100%	48		
Selenium (as selenium	50 mcg	71%	Daily Value not established		
Copper (as copper gluconate) 0.75 mg	.75 mg	38%			

1	Men's MultiStart.
3	Dr Michael Mun



Dr. Michael Murray Formulated

VitaMin-A-Day for Men

Other ingredients: Cellulose, coating (methylcellulose, glycerin [coconut]), stearic acid, magnesium stearate (vegetable grade), croscarmellose sodium.



