

- No Preservatives
- No Artificial Colors
- No Artificial Flavors

meijer
Naturals™



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QUESTIONS OR COMMENTS?
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Energetic Mens Formula

Multi Vitamin PLUS

Dietary
Supplement
90 TABLETS

**GENERAL
HEALTH**

B vitamins metabolize food into energy. Antioxidants protect against fatigue. Ginseng and green tea stimulate mind and body. †

Supplement Facts

Serving Size: 3 Tablets

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as beta carotene)	10,000 iu 200%	Maca (<i>Lepidium meyenii</i>) root extract****	100 mg *
Vitamin C (from ascorbic acid)	300 mg 500%	(Standardized to 0.6 % [0.6 mg] macamides and macaenes)	
Vitamin D (from fish liver oil)	400 iu 100%	<i>Tribulus terrestris</i> aerial parts extract	
Vitamin E (as d-alpha)	100 iu 333%	(40 % [40 mg] tribuloides)	100 mg *
Vitamin B-1 (as thiamine HCl)	50 mg 3,333%	<i>Muira puama</i> powder	35 mg *
Vitamin B-2 (as riboflavin)	50 mg 2,941%	Colostrum	100 mg *
Niacin (as niacin, niacinamide)	50 mg 250%	<i>Panax ginseng</i> root extract	
Vitamin B-6 (as pyridoxine HCl)	50 mg 2500%	(Standardized to 5 % [10 mg] ginsenosides)	200 mg *
Folic Acid	400 mcg 100%	Green tea (<i>Camellia sinensis</i>) extract	
Vitamin B-12 (as cyanocobalamin)	50 mcg 833%	(50% [50 mg] Catechins)	100 mg *
Biotin	50 mcg 17%	Saw Palmetto (<i>Serenoa repens</i>) Berry Extract	80 mg *
Pantothenic Acid (as calcium pantothenate)	50 mg 500%	(Standardized to 35%-45% [28-36 mg] Fatty Acids and Sterols)	
Calcium (as carbonate, citrate)	50 mg 5%	<i>Pygeum africanum</i> bark extract	
Iron (as amino acid chelate)	5 mg 28%	(3.7 % [0.55 mg] Beta-sitosterol)	15 mg *
Iodine (from kelp)	150 mcg 100%	Lycopene (from tomatoes)	1 mg *
Magnesium (as oxide, citrate)	200 mg 50%	Policosanol Complex	2 mg *
Zinc (as monomethionine)**	15 mg 100%	Guggulipid (<i>Commiphora mukul</i>) extract	
Selenium (as amino acid chelate)	100 mcg 143%	(2.5% [0.625 mg] guggulsterones)	25 mg *
Copper (as amino acid chelate)	100 mcg 5%	Soy (<i>Glycine max</i>) bean extract****	
Manganese (as amino acid chelate)	10 mg 500%	(2.5-3.5 % [1.8-2.6 mg] isoflavones)	75 mg *
Chromium (as polynicotinate)***	140 mcg 117%	Grape (<i>Vitis vinifera</i>) seed extract	5 mg *
Molybdenum (as amino acid chelate)	10 mcg 13%	Passion flower extract	30 mg *
Potassium (as chloride, amino acid complex)	99 mg 3%	Hops strobiles extract	20 mg *
		*Daily Value not established	

Contains No Added sugar, salt, yeast, wheat, gluten, or corn.

Suggested Use: As a dietary supplement, adults take three (3) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Other Ingredients: May contain one or more of the following: magnesium stearate, cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica, and food glaze. Contains milk.

From L-OptiZinc™, *From Chromemate™, ****From MacaPure™, *****From SoyLife™

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

†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.

Actual Tablet
Size

121

