

# MEN'S FORMULA

## 180 GUMMIES

**Directions:** For adult men, take six (6) gummies daily. May be taken with or without food.

### Supplement Facts

Serving Size 6 Gummies  
Servings Per Container 30

Amount per 6 Gummy Serving		% Daily Value
Calories	45	
Total Fat	0.5 g	< 1%
Cholesterol	< 5 mg	< 1%
Total Carbohydrate	9 g	3%†
Sugars	6 g	**
Includes 6 g Added Sugars		13%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	270 mcg	30%
Vitamin C (as ascorbic acid USP)	45 mg	50%
Vitamin D (D-3 as cholecalciferol USP)	40 mcg (1600 IU)	200%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	9 mg	60%
Vitamin K (K-1 as phylloquinone)	36 mcg	30%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.12 mg	10%
Riboflavin (Vitamin B-2 USP)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	1.7 mg	100%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	4 mcg	167%
Biotin USP	15 mcg	50%
Choline (as choline bitartrate USP)	12 mg	2%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	11 mg	100%
Selenium (as sodium selenite)	14 mcg	25%
Sodium	25 mg	1%
Fish Oil	510 mg	**
Total Omega-3 Fatty Acids	162 mg	**
EPA and DHA	126 mg	**
Lycopene	8 mg	**
Coenzyme Q10 (as ubiquinone USP)	60 mg	**
Inositol (as inositol niacinate)	1 mg	**
Vitamin K-2 (as menaquinone-7 FCC)	16 mcg	**

† Percent Daily Value based on a 2,000 calorie diet.

\*\* Daily Value not established.

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**Other Ingredients:** Organic Cane Sugar, Organic Tapioca Syrup, Gelatin, Pectin, Citric Acid, Natural Flavors, Colors Added (Organic Black Carrot Juice Concentrate, Organic Maqui Berry Juice Concentrate, Organic Turmeric), Organic Sunflower Oil, Organic Carnauba Wax.

**Omega 3 Fish Oil from Sustainable Fisheries, Small Fish Only**