

ORGANIC MEN'S FORMULA

120 GUMMIES

Directions: For adult men, take four (4) gummies daily. May be taken with or without food.

Supplement Facts

Serving Size 4 Gummies
Servings Per Container 30

Amount per 4 Gummy Serving		% Daily Value
Calories	45	
Total Carbohydrate	10 g	4%†
Sugars	7 g	**
Includes 7 g Added Sugars		14%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	270 mcg	30%
Vitamin C (as organic acerola cherry extract)	45 mg	50%
Vitamin D (D-3 as cholecalciferol USP)	40 mcg (1600 IU)	200%
Vitamin E (as as d-alpha-tocopherol from sunflower oil FCC)	9 mg	60%
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)	3 mcg	125%
Biotin USP	15 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	1.5 mg	30%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	5.5 mg	50%
Selenium (as sodium selenite)	14 mcg	25%
Sodium	20 mg	<1%
Organic Flax Seed Oil	341 mg	**
Omega-3 (α-Linolenic Acid)	171 mg	**
Omega-9 (Oleic Acid)	55 mg	**
Vitamin K-2 (as menaquinone-7 USP)	36 mcg	**
Inositol (from inositol niacinate)	1 mg	**

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

** Daily Value not established.

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