

PhD MEN'S FORMULA

60 PILLS

Directions: Adults take 2 capsules daily, with or without food. For best experience, take on an empty stomach.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per 2 Capsule Serving		% Daily Value	
Vitamin A (as 50% beta-carotene USP, retinyl palmitate USP)	270 mcg	30%	
Vitamin C (as ascorbic acid)	54 mg	60%	
Vitamin D (D-3 as cholecalciferol from Lichen)	40 mcg (1600 IU)	200%	
Vitamin E (as d-alpha-tocopherol from sunflower oil)	9 mg	60%	
Vitamin K (K-1 as phylloquinone)	36 mcg	30%	
Thiamin (Vitamin B-1 as thiamine mononitrate)	0.6 mg	50%	
Riboflavin (Vitamin B-2)	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, glucosamine salt)	400 mcg DFE (240 mcg L-methylfolate)	100%	
Vitamin B-12 (as methylcobalamin)	4.8 mcg	200%	
Biotin	15 mcg	50%	
Pantothenic acid (as calcium D-pantothenate)	1.5 mg	30%	
Choline (as choline bitartrate USP)	55 mg	10%	
Iodine (as potassium iodide USP)	150 mcg	100%	
Magnesium (as magnesium citrate USP)	8.4 mg	2%	
Zinc (as zinc citrate)	11 mg	100%	
Selenium (as L-selenomethionine)	14 mcg	25%	
Copper (as copper chelate)	0.72 mg	80%	
Algal Oil	149 mg	--	
Omega-3 DHA (Docosahexaenoic Acid)	100 mg	--	
Vitamin K-2 (as menaquinone-7)	18 mcg	**	
Coenzyme Q10 (as ubiquinone USP)	60 mg	**	
Inositol (as inositol niacinate)	1 mg	**	
Lutemax 2020® Marigold Flower Extract	40 mg	**	
Lutein	10 mg	**	
Zeaxanthin	2 mg	**	
SmartyPants Probiotic Blend	3 Billion CFU	30 mg	**
<i>Bacillus coagulans</i> MTCC5856 LactoSpore	2 Billion CFU	20 mg	**
<i>Bacillus subtilis</i> DE111	1 Billion CFU	10 mg	**
Spectra™ Whole Food Antioxidant Blend	100 mg	**	**
Coffea arabica Extract, Green Tea Extract, Broccoli Sprout, Onion Extract, Apple Extract, Quercetin, Maltodextrin, Acerola Extract, Tomato, Broccoli, Acai, Basil, Cinnamon, Garlic, Oregano, Turmeric, Carrot, Elderberry, Mangosteen, Camu Camu, Blackberry, Blackcurrant Extract, Blueberry Extract, Raspberry, Spinach, Chokeberry, Kale, Sweet Cherry, Bilberry Extract, Silicon Dioxide, Sunflower Lecithin, Brussels Sprout			

** Daily Value not established.

Other Ingredients: Modified Food Starch, Hydroxypropylmethylcellulose (Vegan Capsule), Rice Flour, Rice Starch, Pectin, Natural Flavor, Glycerol, Coconut Oil Powder, Mixed Tocopherols, Silicon Dioxide.

SPDCMF60R4