

# MEN'S MULTI

## 30 PILLS

**Directions:** For adult men, take one (1) capsule daily. May be taken with or without food. Take with a sip of water.

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

Amount Per 1 Capsule Serving		% Daily Value
Vitamin A (as 50% beta-carotene USP, retinyl palmitate USP)	450 mcg	50%
Vitamin C (as ascorbic acid USP)	70 mg	78%
Vitamin D (D-3 as cholecalciferol USP)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	12 mg	80%
Vitamin K (K-1 as phylloquinone USP)	24 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	1.6 mg	133%
Riboflavin (Vitamin B-2 USP)	1.5 mg	115%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	118%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE (240 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	6 mcg	250%
Biotin USP	15 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	2.5 mg	50%
Choline (as choline bitartrate FCC)	20 mg	4%
Iodine (as potassium iodide FCC)	150 mcg	100%
Magnesium (as magnesium hydroxide)	8.4 mg	2%
Zinc (as zinc citrate USP)	11 mg	100%
Selenium (as L-selenomethionine USP)	14 mcg	25%
Copper (as copper chelate)	0.72 mg	80%
Chromium (as chromium picolinate USP)	25 mcg	71%
Algal Oil	149 mg	**
Omega-3 DHA (Docosahexaenoic Acid)	100 mg	**
Inositol (as inositol niacinate)	1 mg	**
<b>SmartyPants Fruit &amp; Vegetable Blend</b>	<b>100 mg</b>	
Organic Apple Fiber (pomace), Organic Acai ( <i>Enterpe oleracea</i> , fruit juice), Organic Beet (root), Organic Kale ( <i>Brassica oleracea</i> var. <i>acephala</i> , leaf), Organic Raspberry (fruit), Organic Spinach (leaf), Organic Tomato (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic Carrot (root).		

\*\* Daily Value not established.

**Other Ingredients:** Hydroxypropylmethylcellulose (Vegetarian Capsule), Sunflower Oil, Mixed Tocopherols, Rosemary Extract, Ascorbyl Palmitate.