

Food Based Men's Multivitamin

COMPREHENSIVE ONE DAILY

Overview

Our Food Based Men's Multi formula provides all the essential vitamins and minerals necessary for optimal health in one a day convenience. These vitamins and minerals are transported in a food base which means that nutrients are added to a base of whole foods and herbs; research indicates this increases absorption and utilization. When nutrients are combined with food, they are as close to food as possible. The whole foods in this formula contain anthocyanins (antioxidant flavonoids), carotenes, chlorophyll and flavonoids. All of these components are recognized as being vital to good health.

The majority of Americans do not get the essential nutrients they need from diet alone, and our soils are depleted of vital vitamins and minerals. In addition, today's stressful lifestyle can quickly deplete the body of the vitamins, minerals and nutrients it needs to stay healthy. Supplementation is vital for optimal health, and food based nutrition is a viable option that provides not only vitamins and minerals, but also countless phytonutrients. This powerful blend of vitamins, minerals, bioflavonoids, whole foods, and herbs provides the comprehensive nutritional support lacking in today's traditional diet.

Our Food-Based Men's Multi is available in 60 count tablets.

Recommended Dosage

✓ Take 1 tablet daily with a meal.

Supplement Facts			
Serving Size: 1 Tablet			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	10,000 IU 200%	Manganese (as manganese sulfate)	2mg 100%
Vitamin C (as ascorbic acid)	100mg 167%	Chromium (as chromium picolinate)	200mcg 167%
Vitamin D3 (as cholecalciferol)	50 IU 13%	Molybdenum (as sodium molybdate)	10mcg 13%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%	Potassium (as potassium chloride)	10mg <1%
Vitamin K (as phytonadione)	100mcg 125%	PABA (para-aminobenzoic acid)	25mg *
Thiamin (as thiamine HCl)	25mg 1667%	Bioflavonoids (from lemon)	25mg *
Riboflavin	25mg 1471%	Rutin NF	10mg *
Niacin (as niacinamide)	30mg 150%	Choline (as choline bitartrate)	10mg *
Vitamin B6 (as pyridoxine HCl)	25mg 1250%	Inositol	10mg *
Folic Acid	400mcg 100%	Hesperidin	10mg *
Vitamin B12 (as cyanocobalamin)	50mcg 833%	Protease	600 HUT *
Biotin	150mcg 50%	Amylase	300 DU *
Pantothenic Acid (as d-calcium pantothenate)	25mg 250%	Lipase	5 FIP *
Calcium (as amino acid chelate, carbonate)	50mg 5%	Cellulase	5 CU *
Iodine (from kelp)	25mcg 17%	Papaya Juice (fruit)	10mg *
Magnesium (as magnesium oxide)	25mg 6%	Spirulina	50mg *
Zinc (as zinc citrate)	15mg 100%	Barley Grass (leaf)	25mg *
Selenium (as selenomethionine)	200mcg 286%	Saw Palmetto (berry)	50mg *
Copper (as copper oxide)	2mg 100%	Pygeum (bark)	25mg *
		Tomato (fruit)	50mg *
		Schizandra (berry)	25mg *
* Daily Value not established			

Other ingredients: Silica, stearic acid, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, modified cellulose, dicalcium phosphate, vegetable coating.



These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, imply cure or prevent any disease. For more information regarding excipients, please refer to the excipient list.

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