

## Supplemental Facts – Men’s Master-Multi

Serving Size: 1 Packet		
Servings Per Container: 28	Amount per Serving	% Daily Value
Vitamin A (as mixed carotenoids and vitamin A acetate)	10,000 IU	200%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as d-alpha tocopheryl succinate and natural mixed tocopherols)	235 IU	783%
Vitamin K (as phytonadione)	60 mcg	75%
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	3333%
Riboflavin (vitamin B2)	50 mg	2941%
Niacin (as niacin and niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2500%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	400 mcg	6667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (as calcium carbonate and dicalcium phosphate)	270 mg	27%
Phosphorus (as dicalcium phosphate)	180 mg	18%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium oxide and chelate†)	10 mg	3%
Zinc (as zinc glycinate†)	30 mg	200%
Selenium (as selenium amino acid chelate†)	100 mcg	143%
Copper (as copper glycinate†)	1.5 mg	75%
Manganese (as manganese aspartate†)	10 mg	500%
Chromium (as chromium picolinate)	300 mcg	250%
Molybdenum (as molybdenum amino acid chelate†)	25 mcg	33%
<b>Molecularly Distilled Fish Oil</b> (derived from sardine, anchovy and mackerel)	1000 mg	**
Provides EPA (eicosapentanoic acid)	360 mg	**
Provides DHA (docosahexaenoic acid)	240 mg	**
<b>Men’s Complete Blend (Proprietary Blend 1)</b> Saw Palmetto Standardized Extract (berry), Panax Ginseng Standardized Extracts (root), Mixed Tocopherol Complex, Pygeum Africanum Extract (bark), Lycopene (from tomato)	755 mg	**
<b>Micronutrient Blend (Proprietary Blend 2)</b> Ginkgo Biloba Extract (leaf) (standardized to 24% flavoneglycosides), Choline (as choline bitartrate), Inositol (as myo-inositol), Pine Bark Extract (standardized to 95% polyphenols), Silica (as silicon dioxide), Alpha-Lipoic Acid, Boron (as sodium borate), Vanadium (as vanadyl sulfate), Zeaxanthin (from mixed carotenoid complex), Lutein (from mixed carotenoid complex)	243 mg	**
** % Daily Value not established.		
† Amino-Acid Chelated Minerals		
<b>OTHER INGREDIENTS:</b> Microcrystalline and Modified Cellulose, Gelatin, Purified Water, Croscarmellose Sodium, Glycerin, Polyethylene Glycol, Stearic Acid, Crospovidone, Talc, Sodium Lauryl Sulfate, Methacrylic Acid Copolymers, Triacetin, Triethyl Citrate, Calcium Silicate, Magnesium Stearate, Vanillin, Pharmaceutical Glaze		