

Men's Complete Multi Supplement Facts

Serving Size: 1 Well (0.76 g)

Servings Per Container: 31

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A (Vitamin A Palmitate)	750 mcg RAE	83%	Biotin (D-Biotin)	300 mcg	1000%
Vitamin C (Ascorbic Acid)	100 mg	111%	Pantothenic Acid (D-Calcium Pantothenate)	10 mg	200%
Vitamin D (Cholecalciferol)	20 mcg (800 IU)	100%	Iodine (Potassium Iodide)	150 mcg	100%
Vitamin E (D-Alpha-Tocopherol Acid Succinate)	10 mg	67%	Magnesium (Magnesium Lactate)	20 mg	5%
Vitamin K (Phylloquinone)	80 mcg	67%	Selenium (Selenomethionine)	20 mcg	36%
Vitamin B1 (Thiamine HCl)	1.5 mg	125%	Manganese (Manganese Amino Acid Chelate)	2 mg	87%
Vitamin B2 (Riboflavin-5-Phosphate)	1.7 mg	131%	Chromium (Chromium Polynicotinate)	120 mcg	343%
Niacin (Niacinamide)	10 mg	63%	Molybdenum (Sodium Molybdate)	37 mcg	82%
Vitamin B6 (Pyridoxal-5-Phosphate)	2 mg	118%	Lutein (FloraGLO®)	500 mcg	†
Folate (L-Methylfolate) (Metafolin®)	400 mcg (665 mcg DFE)	166%	Zeaxanthin (OPTISHARP®)	130 mcg	†
Vitamin B12 (Methylcobalamin)	100 mcg	4167%	† Daily Value (DV) not established.		

Other Ingredients: Natural Flavor (Orange), Citric Acid, and Organic Stevia Extract.

Contains: Soy

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OPTISHARP® Natural is a trademark of DSM.
Metafolin® is a trademark of Merck KGaA, Darmstadt, Germany.

