

**Other Ingredients:** Organic agave inulin powder, organic pea starch, organic tapioca dextrose, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum), silica.

**Contains No** dairy, wheat, gluten, eggs, peanuts, tree nuts, fish, shellfish, preservatives, artificial colors, artificial flavors

**Suggested Use:** As a dietary supplement, adults take two (2) tablets daily, or as directed by a health care professional.

Store in a cool, dry place and away from direct light.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease

KEEP OUT OF REACH OF CHILDREN.

CERTIFIED ORGANIC WHOLE FOOD

# Men's Multi

**SUPPORTS OPTIMAL HEALTH  
ENERGY & WELL BEING†**

**GLUTEN FREE • NON GMO • VEGAN**

Dietary  
Supplement



**120**  
Tablets



CERTIFIED ORGANIC BY QAI

## SUPPLEMENT FACTS

Serving Size 2 Tablets  
Servings Per Container 60

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (from Organic Whole Food Complex Blend)	900 mcg (3,000 IU)	100%	Biotin (as biotin & from Organic Whole Food Complex Blend)	120 mcg	400%
Vitamin C (from Organic Whole Food Complex Blend & organic acerola extract)	90 mg	100%	Pantothenic Acid (from Organic Whole Food Complex Blend)	5 mg	100%
Vitamin D3 (from Organic Whole Food Complex Blend & organic algae)	25 mcg (1,000 IU)	125%	Zinc (from Organic Whole Food Complex Blend)	3.9 mg	35%
Vitamin E (from Organic Whole Food Complex Blend & as d-alpha tocopheryl succinate)	15 mg	100%	Selenium (from Organic Whole Food Complex Blend)	55 mcg	100%
Vitamin K (from Organic Whole Food Complex Blend)	75 mcg	63%	Manganese (from manganese chelate & Organic Whole Food Complex Blend)	0.8 mg	35%
Thiamine (from Organic Whole Food Complex Blend)	1.38 mg	115%	Chromium (from Organic Whole Food Complex Blend)	35 mcg	100%
Riboflavin (from Organic Whole Food Complex Blend)	1.5 mg	115%	<b>Organic Whole Food Complex Blend</b>	970 mg	*
Niacin (as niacinamide & from Organic Whole Food Complex Blend)	18.4 mg	115%	Organic Amla Extract, Organic Moringa Extract, Organic Holy Basil, Organic Tea Extract, Organic Sunflower Seed Kernel Extract, Organic Carrot Extract, Organic Spinach Extract, Organic Shiitake Extract, Organic Curry Leaf Extract, Organic Coconut Extract, Organic Parsley Extract, Organic Achiotte Extract, Organic Lichen, Organic Garlic Extract		
Vitamin B6 (as pyridoxine hydrochloride & from Organic Whole Food Complex Blend)	8.5 mg	500%	<b>Organic Men's Herbal Blend</b>	265 mg	*
Folate (from Organic Whole Food Complex Blend)	400 mcg DFE	100%	Organic Maca Root Powder, Organic Pumpkin Seed Powder		
Vitamin B12 (as methylcobalamin & from Organic Whole Food Complex Blend)	7.2 mcg	300%			

\*Daily Value not established



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