

Contains No sugar, salt, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take three (3) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Other Ingredients: Cellulose, vegetable stearin, food glaze, silica, magnesium stearate, and dicalcium phosphate. Contains milk and soy.

** From L-OptiZinc® ^From ChromeMate®
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§ From SoyLife™

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

KEEP OUT OF REACH OF CHILDREN.

Active Man's Formula

**MULTI-PURPOSE SUPPLEMENT TO
SUPPORT A MAN'S ACTIVE LIFESTYLE**

Dietary Supplement

180 Tablets

SUPPLEMENT FACTS

Serving Size: 3 Tablets
Servings Per Container 60

Amount Per Serving % DV			Amount Per Serving % DV		
Vitamin A (as beta carotene)	3,000 mcg RAE (10,000 IU)	333%	Panax ginseng root extract (Standardized to 5% [10 mg] ginsenosides)	200 mg	*
Vitamin C (as ascorbic acid)	300 mg	333%	Colostrum	100 mg	*
Vitamin D (from fish liver oil)	10 mcg (400 IU)	50%	Green tea (Camellia sinensis) leaf extract (50% [50 mg] Catechins)	100 mg	*
Vitamin E (as d-alpha succinate)	82.6 mg	551%	Maca (Lepidium meyenii) root extract (Standardized to 0.6% [0.6 mg] macamides and macaenes)	100 mg	*
Vitamin B-1 (as thiamine HCl)	50 mg	4,167%	Tribulus terrestris aerial parts extract (40% [40 mg] tribulosides)	100 mg	*
Vitamin B-2 (as riboflavin)	50 mg	3,846%	Saw Palmetto (Serenoa repens) Berry Extract (Standardized to 35%-45% [28-36 mg] Fatty Acids and Sterols)	80 mg	*
Niacin (as niacinamide)	50 mg	313%	Soy (Glycine max) bean extract§ (2.5-3.5% [1.8-2.6 mg] isoflavones)	75 mg	*
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,941%	Muir puama bark powder	35 mg	*
Folate (400 mcg folic acid)	680 mcg DFE	170%	Passion flower (Passiflora Incarnata) extract	30 mg	*
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%	Guggulipid (Commiphora mukul) gum extract (2.5% [0.625 mg] guggulsterones)	25 mg	*
Biotin	50 mcg	167%	Hops strobiles (Humulus lupulus) extract	20 mg	*
Pantothenic Acid (as calcium pantothenate)	50 mg	1,000%	Pygeum africanum bark extract (3.7% [0.55 mg] Beta-sitosterol)	15 mg	*
Calcium (from carbonate, citrate)	50 mg	4%	Grape (Vitis vinifera) seed extract	5 mg	*
Iron (from amino acid chelate)	5 mg	28%	Policosanol Complex	2 mg	*
Iodine (from kelp)	150 mcg	100%	Lycopene (from tomatoes)	1 mg	*
Magnesium (from oxide, citrate)	200 mg	48%			
Zinc (from monomethionine)**	15 mg	136%			
Selenium (from amino acid chelate)	100 mcg	182%			
Copper (from copper oxide)	0.1 mg	11%			
Manganese (from sulfate monohydrate)	10 mg	435%			
Chromium (from polynicotinate)^	140 mcg	400%			
Molybdenum (from amino acid chelate)	10 mcg	22%			
Potassium (from chloride, amino acid complex)	99 mg	2%			

*Daily Value (DV) not established

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