

**Other Ingredients** Vegetarian capsule (modified cellulose, water), organic pea starch, stearic acid, silica.

**Contains No** Dairy, Wheat, Gluten, Eggs, Peanuts, Soy, Tree Nuts, Fish, Shellfish, Sesame, Preservatives, Artificial Colors or Flavors

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

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

**KEEP OUT OF REACH OF CHILDREN.**

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L-OptiZinc® and ChromeMate® are registered trademarks of Lonza Greenwood LLC.

BenfoPure™ is a registered trademark of Hamari Chemicals, Ltd.

XanMax® is a registered trademark of Kutra Phytochem India Pvt. Ltd.

COENZYMATED

# Advanced Men's Multi

CONTAINS CLINICALLY STUDIED INGREDIENTS

Benfotiamine • Methylcobalamin

Methylfolate • Pyridoxal-5-phosphate

GLUTEN FREE • NON GMO • VEGETARIAN

NO IRON

Dietary Supplement 60 Vegetarian Capsules

## SUPPLEMENT FACTS

Serving Size 2 Vegetarian Capsules

Servings Per Container 30

Amount Per Serving		% DV	Amount Per Serving		% DV
Vitamin A (as 53% retinyl palmitate, 47% beta carotene)	1500 mcg	167%	Copper (from copper bisglycinate chelate)	2 mg	222%
Vitamin C (as ascorbic acid)	90 mg	100%	Manganese (from manganese amino acid chelate)	2 mg	87%
Vitamin D3 (as cholecalciferol)	25 mcg	125%	Chromium (from chromium polynicotinate)(ChromeMate®)	200 mcg	571%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%	Molybdenum (from molybdenum amino acid chelate)	75 mcg	167%
Thiamin (as thiamin hydrochloride)	15 mg	1250%	Saw Palmetto ( <i>Serenoa repens</i> )	160 mg	**
Riboflavin (as riboflavin 5'-phosphate)	15 mg	1154%	Fruit Extract		
Niacin (as niacin and niacinamide)	50 mg	313%	Alpha Lipoic Acid	100 mg	**
Vitamin B6 (as pyridoxal 5'-phosphate)	25 mg	1471%	BenfoPure™ Benfotiamine	80 mg	**
Folate (as L-5 methyltetrahydrofolate) (Magnafolate®C) (400 mcg folic acid)	680 mcg DFE	170%	Grape ( <i>Vitis vinifera</i> ) Seed Extract	60 mg	**
Vitamin B12 (as methylcobalamin)	1000 mcg	41667%	Pumpkin ( <i>Cucurbita pepo</i> ) Seed Powder	40 mg	**
Biotin	300 mcg	1000%	Quercetin	40 mg	**
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%	XanMax® Marigold ( <i>Tagetes erecta</i> ) flower extract	50 mg	**
Iodine (from potassium iodide)	150 mcg	100%	Lutein	10 mg	**
Zinc (from zinc methionine) (L-OptiZinc®)	20 mg	182%	Zeaxanthin	2 mg	**
Selenium (from L-selenomethionine)	200 mcg	364%	Lycopene	5 mg	**
			Boron (from boron chelate)	1 mg	**
			Vitamin K2 (as menaquinone-7)	45 mcg	**
					**Daily Value not established

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