

# Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
<b>Vitamins &amp; Minerals</b>		Chromium (as nicotinate glycinate chelate)	35 mcg 100%
Vitamin A (as 2500 IU vitamin A palmitate) (as 1000 IU beta-carotene)	900 mcg 100%	Molybdenum (as glycinate chelate)	45 mcg 100%
Vitamin C (as L-ascorbic acid)	90 mg 100%	Potassium (as aspartate)	5 mg <1%
Vitamin D <sub>3</sub> (as 800 IU cholecalciferol)	20 mcg 100%	Choline (as bitartrate)	5 mg <1%
Vitamin E (as 22.4 IU d-alpha tocopheryl succinate from sunflower)	15 mg 100%	PABA (para-aminobenzoic acid)	5 mg *
Thiamin (as cocarboxylase)	1.2 mg 100%	Boron (as citrate, aspartate, glycinate)	1 mg *
Riboflavin (as riboflavin 5' phosphate)	1.3 mg 100%	Vitamin K (as menaquinone-7 [K <sub>2</sub> ] from natto)	20 mcg *
Niacin (as niacinamide)	16 mg 100%	<b>Advanced Male Health Blend</b> ♦	100 mg *
Vitamin B <sub>6</sub> (as pyridoxal 5' phosphate)	1.7 mg 100%	(stinging nettle root extract, pomegranate whole fruit extract, American/ panax ginseng root extract, broccoli plant extract, ashwagandha root extract, pumpkin seed powder, rhodiola rosea root extract, saw palmetto berry extract, turmeric root extract)	
Folate (from [6S]-5-methyltetrahydrofolic acid, glucosamine salt [vegetarian source])	667 mcg DFE 167%	<b>Organic Whole Food Vegetable Blend</b>	5 mg *
Vitamin B <sub>12</sub> (as methylcobalamin)	2.4 mcg 100%	(organic barley grass, organic cabbage, organic parsley, organic chlorella, organic spirulina, organic sea kelp, organic kale, organic broccoli, organic dandelion leaf, organic broccoli sprout, organic dulse)	
Biotin (as D-biotin)	30 mcg 100%	<b>Plant Source Digestive Enzyme Blend</b>	5 mg *
Pantothenic Acid (as pantothenic acid)	5 mg 100%	(bromelain [from pineapple 2000 GDU gram], papain [from papaya], amylase, cellulase, glucoamylase, lipase, protease)	
Calcium (as malate, citrate)	50 mg 4%		
Iodine (as potassium iodide)	150 mcg 100%		
Magnesium (as aspartate)	25 mg 6%		
Zinc (as bisglycinate chelate)	22 mg 200%		
Selenium (as glycinate complex)	55 mcg 100%		
Copper (as bisglycinate chelate)	0.9 mg 100%		
Manganese (as bisglycinate chelate)	2.3 mg 100%		

\*Daily Value not established.