

## FOOD SUPPLEMENT

### Product information:

Two capsules typically provide:

		%NRV <sup>†</sup>
Vitamin A (from carrot)	(1499iu)	450µg RE 56
Vitamin D3 (from lichen)	(1500iu)	37.5µg 750
Vitamin E (from sunflower seed kernel)	(8.9iu)	6mg α-TE 50
Vitamin K		167µg 223
- Vitamin K1 (from parsley)		137µg
- Vitamin K2 MK-7 (from natto)		30µg
Vitamin C (from amla and parsley)		60mg 75
Thiamin (vitamin B1 from garlic and sunflower seed kernel)		2.5mg 227
Riboflavin (vitamin B2 from coconut aminos)		2.5mg 179
Niacin (vitamin B3 from shiitake and garlic)		15mg NE 94
Vitamin B6 (from garlic)		3.2mg 229
Folic acid (from spinach)		400µg 200
Vitamin B12 (mixed cobalamin from shiitake)		6.5µg 260
Biotin (from sunflower seed kernel)		34µg 68
Pantothenic acid (from shiitake)		4mg 67
Magnesium (from marine source)		80mg 21
Iron (from curry leaf)		3.3mg 24
Zinc (from shiitake)		10.2mg 102
Selenium (from sunflower seed kernel and shiitake)		58.6µg 107
Chromium (from parsley and moringa)		35µg 88
Iodine (from sea kelp)		30µg 20
AstraGin® (astragalus membranaceus root and panax notoginseng root extracts)		35mg

<sup>†</sup>NRV = Nutrient Reference Value

\* Vitamin B12 contributes to normal energy-yielding metabolism

\*\* Zinc contributes to normal cognitive and immune function

**Storage:** Store in a cool, dry place out of reach of children.

# HIGHER NATURE®



## Vitality Multivitamin for Men

Superior whole food  
nutrients



Natural source, no synthetics  
60 vegan capsules



- ✓ Nutrients from 16 real foods extracted using gentle green processes
- ✓ Carefully balanced levels of zinc and magnesium specific for male needs
- ✓ With AstraGin® for advanced nutrient absorption\*

\*A diet including 35mg of AstraGin® per day may support nutrient absorption

**Ingredients:** Plant, mushroom and adaptogen extracts blend (amla fruit, shiitake mushroom fruiting body [contains **celery**], sunflower seed kernel, moringa leaf, garlic bulb, carrot root, curry leaf, spinach leaf, parsley leaf, coconut aminos, lichen), magnesium hydroxide (marine source), capsule shell (hydroxypropyl methylcellulose), extract from *panax notoginseng* and *astragalus membranaceus*, kelp (*ascophyllum nodosum*), menaquinone 7 (MK-7) from natto extract.

Allergy advice: see ingredients in **bold**.

**Directions:** Adults take 2 capsules daily with a meal. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**Warning:** Do not take if you are under 18 years old or pregnant. If you are breastfeeding, taking any medication, (including anti-coagulants [blood thinners]) or have a medical condition, please consult your healthcare professional before using this product.

AstraGin® is a registered trademark of NuLiv Science USA Inc.

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PRODUCT INFO



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