

## Men's Multi-Vitamin Complex

### Nutritional information per daily intake: 2 capsules

Vitamin A (Retinol Acetate)	900mcg *113% NRV
Vitamin D3 (D-Cholecalciferol)	25mcg *500% NRV
Vitamin E (Tocopherol acetate)	5mg *42% NRV
Vitamin K2 (Menaquinone-7)	100mcg *133% NRV
Vitamin B1 (Thiamine HCl)	1mg *91% NRV
Vitamin B2 (Riboflavin)	8.5mg *607% NRV
Vitamin B3 (Niacin)	10mg *63% NRV
Vitamin B6 (Pyridoxine HCl)	1.3mg *93% NRV
Folate (L- methyl Folate Calcium)	250mcg *63% NRV
Vitamin B12 (Methyl cobalamin)	3mcg *120% NRV
Biotin	150mcg *300% NRV
Vitamin B5 (Pantothenic Acid)	5mg *83% NRV
Zinc (Zinc Bisglycinate)	10mg *100% NRV
Quercetin	100 mg
Choline (Choline Bitartrate)	50.50 mg
Co Enzyme Q 10 (Ubiquinone)	100 mg
Total Curcuminoids	50 mg
L-Taurine	50 mg
Phytosterols	50 mg
Saw Palmetto Extract	100 mg
Ashwagandha Extract	30 mg

**Other Ingredients:** Inulin, Lecithin (GMO free Sunflower), Gum Arabic.

\*% Nutrient reference value.