

## POWER VITES FOR MEN

### Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 45

Amount Per Serving	%Daily Value**	Amount Per Serving	%Daily Value**
<b>Vitamin A</b> (as Beta Carotene)	2000 IU 40%	<b>Copper</b> (as Copper Bisglycinate Chelate)	2 mg 100%
<b>Vitamin C</b> (Ascorbic acid)	150 mg 250%	<b>Manganese</b> (as Manganese Sulfate Monohydrate)	2 mg 100%
<b>Vitamin D</b> (as Cholecalciferol)	400 IU 100%	<b>Chromium</b> (as Chromium Polynicotinate)	120 mcg 100%
<b>Vitamin E</b> (as DL-Alpha-Tocopheryl Acetate)	30 IU 100%	<b>Molybdenum</b> (as Molybdenum Citrate)	75 mcg 100%
<b>Thiamin</b> (as Thiamine HCl)	7 mg 467%	<b>Alpha Lipoic Acid</b>	30mg ‡
<b>Riboflavin</b>	7.5 mg 412%	<b>Male Support</b>	170 mg ‡
<b>Niacin</b>	30 mg 150%	(Saw Palmetto Berry Extract, Urtica dioica Leaf Extract, Lutein, Lycopene.)	
<b>Vitamin B6</b> (as Pyridoxine HCl)	7.5 mg 375%	<b>Immune Blend</b>	110 mg ‡
<b>Folate</b> (Folic Acid)	400 mcg 100%	(Echinacea angustifolia Root, Spirulina, Garlic Fruit, Beta-Glucan.)	
<b>Vitamin B12</b> (as Cyanocobalamin)	27 mcg 450%	<b>Antioxidant &amp; Energy Blend</b>	190 mg ‡
<b>Biotin</b>	300 mcg 100%	(Hawthorn Berry, Grape Seed Extract [std. min. 95% Proanthocyanidins], Blackcurrant Fruit Extract, Green Tea Leaf Extract, Bilberry Fruit Extract [std. min. 35% Anthocyanidins], Pomegranate Fruit Extract, Cinnamon Bark.)	
<b>Pantothenic Acid</b> (as Calcium D-Pantothenate)	10 mg 100%		
<b>Calcium</b> (as Calcium Carbonate and Calcium D-Pantothenate)	51 mg 5%		
<b>Magnesium</b> (as Magnesium Oxide)	70 mg 18%		
<b>Zinc</b> (as Zinc Citrate)	15 mg 100%		
<b>Selenium</b> (as Selenium Citrate)	120 mcg 171%		

\*\* Percent Daily Values are based on a 2,000 calorie diet. ‡ Daily Value not Established.

**Other Ingredients:** Gelatin, Maltodextrin, Dicalcium Phosphate, Starch, Sugar, Beta-Cyclodextrin, Magnesium Stearate, Silica, Corn Oil, Ascorbyl Palmitate.

## POWER VITES FOR WOMEN

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<b>Vitamin C</b> (Ascorbic acid)	150 mg 250%	<b>Manganese</b> (as Manganese Sulfate Monohydrate)	2 mg 100%
<b>Vitamin D</b> (as Cholecalciferol)	400 IU 100%	<b>Chromium</b> (as Chromium Polynicotinate)	120 mcg 100%
<b>Vitamin E</b> (as DL-Alpha-Tocopheryl Acetate)	30 IU 100%	<b>Molybdenum</b> (as Molybdenum Citrate)	75 mcg 100%
<b>Thiamin</b> (as Thiamine HCl)	7 mg 467%	<b>Alpha Lipoic Acid</b>	30mg ‡
<b>Riboflavin</b>	7.5 mg 412%	<b>Female Support</b>	160 mg ‡
<b>Niacin</b>	30 mg 150%	(Wild Yam, Cranberry Fruit Extract, Red Clover Herb Extract, Ipriflavone, Lutein, Lycopene.)	
<b>Vitamin B6</b> (as Pyridoxine HCl)	7.5 mg 375%	<b>Immune Blend</b>	140 mg ‡
<b>Folate</b> (Folic Acid)	400 mcg 100%	(Echinacea angustifolia, Garlic Fruit, Goldenseal Root, Spirulina.)	
<b>Vitamin B12</b> (as Cyanocobalamin)	27 mcg 450%	<b>Antioxidant &amp; Energy Blend</b>	190 mg ‡
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