Doctor's Choice for 50-Plus Men™

(Iron-Free)

Vitamins, minerals, and herbs for daily energy and essential nutrition†

Dietary Supplement

Product Numbers: 00092

Product Quantities: 120 Tablets

aKT0signed for men age 50 and over, this multiple formula includes extra pantothenic acid, zinc, and niacin, as well as herbal extracts of saw palmetto berry and Panax ginseng root. These natural compounds are especially important for older men.

- Pantothenic acid is a vital nutrient for the adrenal glands, which produce hormones.†
- Zinc contributes to prostate function, testosterone synthesis and activity, and sperm development.†
- Niacin is important to maintain healthy cholesterol levels that are already within the normal range.†
- Saw palmetto berry contains fatty acids and sterols, which provide important nutritional support for the prostate.†
- Panax ginseng root is traditionally used to support masculine functions.†

Product Nutrient Categories: Herbal Mineral Vitamin

Recommendations: Four tablets daily. Can be taken as one or two tablets with each meal.



Serving Size: 4 Tablets	**Amount/Serving**	**%DV**
Vitamin A (75% as beta carotene and as retinyl acetate)	10,000 IU	200 %
Vitamin C (ascorbic acid)	300 mg	500 %
Vitamin D (as cholecalciferol)	400 IU	100 %
Vitamin E (as d-alpha tocopheryl acid succinate)	200 IU	667 %
Vitamin K (as phytonadione)	120 mcg	150 %
Thiamin (as thiamin HCl) (vitamin B1)	60 mg	4,000 %
Riboflavin (vitamin B_2)	60 mg	3,529 %
Niacin (as niacinamide and niacin)	120 mg	600 %

Vitamin B_6 (as pyridoxine HCl)	60 mg	3,000 %
Folic Acid	800 mcg	200 %
Vitamin B_{12} (as cyanocobalamin)	800 mcg	13,333 %
Biotin	600 mcg	200 %
Pantothenic Acid (as calcium D-pantothenate)	100 mg	1,000 %
Calcium (as calcium carbonate and calcium citrate)	400 mg	40 %
Iodine (as potassium iodide)	300 mcg	200 %
Magnesium (as magnesium aspartate and magnesium oxide)	250 mg	63 %
Zinc (as zinc gluconate)	30 mg	200 %
Selenium (as L-selenomethionine)	200 mcg	286 %
Copper (as copper gluconate)	2 mg	100 %
Manganese (as manganese citrate)	2 mg	100 %
Chromium (as chromium picolinate)	200 mcg	167 %
Molybdenum (as sodium molybdate)	75 mcg	100 %
Sodium	15 mg	<1 %
Potassium (as potassium aspartate)	100 mg	3 %
Choline Bitartrate	275 mg	*
Saw Palmetto (Serenoa repens) berry extract 4:1	80 mg	*
Sweet Cherry (Prunus avium) Fruit Extract 10:1	50 mg	*
Black Tea (Camellia sinensis) Leaf Extract 5:1	50 mg	*
Ginger (Zingiber officinale) Rhizome Extract	40 mg	*
Green Tea (Camellia sinensis) leaf extract 3:1	30 mg	*
Inositol	30 mg	*
Betaine HCl	25 mg	*
Grape (Vitis vinifera) Seed Extract 4:1	20 mg	*
Panax Ginseng Root Extract standardized to contain a minimum of 7% ginsenosides	15 mg	*
Bromelain (2,400 G.D.U./g)	5 mg	*
Papain	15 mg	*
Bilberry (Vaccinium myrtillus) Fruit Extract 4:1	10 mg	*
Pepsin (acid-stable protease)	5 mg	*

Lipase	5 mg	*
Boron (as sodium borate)	3 mg	*
Lycopene	2 mg	*
Lutein (from Calendula officinalis)	1.5 mg	*
Vanadium (as vanadyl sulfate)	100 mcg	*
Zeaxanthin (from Calendula officinalis)	75 mcg	*

*Daily Value (DV) not established.

Other Ingredients: cellulose, modified cellulose, modified cellulose gum, titanium dioxide color, magnesium stearate, lecithin, and carnauba wax.

Contains No: sugar, yeast, wheat, gluten, corn, dairy products, artificial flavoring and preservatives. All colors used are from natural sources.

Notes: This formula includes antioxidants, lutein, and lycopene.

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

† **This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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