

Male Multiple Tablets

Advanced Phytonutrient Multiple Vitamin, Mineral and Herbal Formula For Men

Sugar and Starch Free

Daily Regimen

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 20

	Amount Per 3 Tablets	% Daily Value
Calories	15	
Total Carbohydrate	3 g	1%*
Dietary Fiber	2 g	8%*
Protein	1 g	2%*
Vitamin A (as natural beta carotene)	15000 IU	300%
Vitamin C (as L-ascorbic acid, niacinamide ascorbate)	400 mg	667%
Vitamin D (as ergocalciferol)	400 IU	100%
Vitamin E (as D-alpha tocopheryl succinate)	400 IU	1333%
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide, ascorbate niacin)	60 mg	300%
Vitamin B6 (as pyridoxine HCl)	75 mg	3750%
Folic Acid	800 mcg	200%
Vitamin B12 (as cobalamin)	500 mcg	8333%
Biotin (as D-biotin)	300 mcg	100%
Pantothenic Acid (as D-Ca pantothenate)	80 mg	800%
Calcium (as calcium carbonate, glycinate†, citrate†)	400 mg	40%
Iron***	0.5 mg	3%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, glycinate†, citrate†)	400 mg	100%
Zinc (as zinc glycinate†, histidinate†)	50 mg	333%
Selenium (as L-selenomethionine)	200 mcg	286%
Copper (as copper glycinate†)	1.5 mg	75%
Manganese (as manganese glycinate†)	2 mg	100%
Chromium (as chromium nicotinoglycinate†)	200 mcg	167%
Molybdenum (as molybdenum glycinate†)	50 mcg	67%
Sodium***	25 mg	1%
Potassium (as potassium glycinate complex)	99 mg	3%
Citrus Bioflavonoids	100 mg	**
Choline (as choline bitartrate)	100 mg	**

Inositol	100 mg	**
Pantethine	7 mg	**
Cocarboxylase	6 mg	**
Pyridoxal-5-Phosphate	6 mg	**
Riboflavin-5-Phosphate	6 mg	**
Boron (as boron glycinate complex)	250 mcg	**
Eleuthero Extract (4:1) (root) (Eleutherococcus senticosus)	25 mg	**
Standardized American Ginseng Extract (root) (Panax quinquefolium) (ginsenosides 3 mg [10%])	25 mg	**
Standardized Korean Ginseng Extract (root) (Panax ginseng) (ginsenosides 2 mg [8%])	25 mg	**
Saw Palmetto Extract (4:1) (berry) (Serenoa repens)	25 mg	**
Stinging Nettles Extract (4:1) (leaf) (Urtica dioica)	25 mg	**
Pygeum Extract (bark) (Pygeum africanum)	25 mg	**
Standardized Soy Isoflavone Extract (seed)††	25 mg	**
Lycopene (from tomato)	1 mg	**
Carotenoid Mix (alpha carotene, lutein, zeaxanthin, cryptoxanthin)	172 mcg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Vegetable Glycerin, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Chlorophyll, Titanium Dioxide, Carnauba Wax.

† Fully reacted chelates, Albion process patent No.'s 4,599,152 and 5,292,729 Chelazomes.

†† Not Genetically Modified, Soy From Nature.™

*** Naturally occurring; therefore amount may vary.

If you are taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Solgar's Male Multiple Tablets are free of corn, yeast, wheat and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

Servings per container information is based on the 60 tablet container.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 1744,1206

Available in Bottles of: 60,120

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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