Dr. Murray Mens 50+ MultiStart Formula

Code 1573 (120 Tablets)

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Men's 50+ MultiStart™ is the perfect foundation multiple containing a complete spectrum of nutrients, herbs and antioxidants in the ideal ratio and dosage.* The four-tablet dosage of MultiStart™ reduces the need for supplemental pills such as vitamin E or saw palmetto, and ensures that correct and balanced levels of important nutrients, herbs and antioxidants are delivered to the body, specific to the nutritional needs of men over 50.*

Suggested Usage:
4 tablets per day or as directed by a health professional.
Keep out of reach of children.

Supplement Facts

Serving Size 4 Tablets

	Amount per Serving	% Daily Value
Calories	15	
Total Carbohydrate	2g	<1%**
Vitamin A (50% as beta carotene and 50% as Vitamin A-palmitate)	10,000iu	200%
Vitamin C (as ascorbic acid)	500mg	830%
Vitamin D (as cholecalciferol)	200iu	50%
Vitamin E (as d-alpha tocopheryl acid succinate)	400iu	1330%
Vitamin K	60mcg	80%
Thiamin (as thiamin hydrochloride)	60mg	4000%
Riboflavin	10mg	590%
Niacin (75% as inositol nicotinate and 25% as niacinamide)	120mg	600%
Vitamin B6 (as pyridoxine hydrochloride)	30mg	1500%
Folic Acid	400mcg	100%
Vitamin B12 (as cyanocobalamin)	400mcg	6670%
Biotin	500mcg	170%
Pantothenic Acid (as calcium pantothenate)	100mg	1000%
Calcium (as calcium citrate and calcium carbonate)	400mg	35%
Iodine (from kelp)	300mcg	200%
Magnesium (as magnesium oxide)	250mg	60%
Zinc (as zinc citrate)	30mg	200%
Selenium (as selenium chelate)	100mcg	140%
Copper (as copper gluconate)	1.5mg	80%
Manganese (as manganese citrate)	15mg	750%
Chromium (as chromium picolinate)	200mcg	170%
Molybdenum (as molybdenum citrate)	25mcg	35%
Potassium (as potassium citrate)	99mg	2%
Vanadium (as vanadium citrate)	76mcg	†
Choline Bitartrate	100mg	†
Inositol	100mg	†
Betaine HCl	50mg	†
Glutamic Acid HCl	50mg	†
Saw Palmetto (Serenoa repens), powdered extract (fruit)	100mg	†
Ginkgo Biloba Phytosome™	80mg	†
Panax Ginseng, powdered extract (root)	30mg	†
Lutein (from Marigold flowers, Tagetes erecta)	1mg	†

Other ingredients: Cellulose, vegetable oil, magnesium stearate (vegetable grade), croscarmellose sodium.