



MMVI – Men’s Multi-Vitamin/Mineral

MMVI- contains essential vitamins, antioxidants and minerals. It also contains Beta Carotene, which is a vitamin that supports heart health. MMVI helps to bridge gaps in our nutritional needs which is important especially in today’s day and age of fast food that does not offer a balanced diet for most of us.

This improved, high quality multivitamin-mineral supplement is designed specifically for men. The easy-to-swallow capsules provide vitamins, minerals, antioxidants, and other nutrients in bioavailable forms and nutritionally meaningful amounts.

Men’s multivitamin is focused on the anatomy and nutrient needs of men, geared toward helping them have and maintain proper nutrition and aiding in mental alertness and increased energy.

Get exactly what you need with a formula that is made specifically for you.*

- **Vitamin and Mineral Blend** -Contains a complete blend of the essential vitamins and minerals.
- **Antioxidants** - Powerful fruit and berry antioxidants to support detoxing.
- **Energy Blend** - Contains natural energizers from herbs and berries for a natural energy lift with no caffeine.
- **Natural Energizers** – Green Tea, Pomegranate Fruit and other ingredients provide an all-natural energy lift.
- **Male Support** - contains a proprietary blend of ingredients that may help to support stamina mood enhancement & endurance.*

• **B vitamins** are important to proper circulatory function, for maintaining blood pressure within normal ranges, and preserving proper cholesterol and homocysteine levels.*

• **Vitamin B12** supports nerve health by maintaining the fatty sheaths that cover and protect nerve endings, and enhance sleep patterns allowing for more restful and refreshing sleep.*

• **Vitamin D** is for people who do not receive enough of this nutrient due to reduced sun exposure and limited dietary sources. It plays many roles in the body and is vital for strong, healthy bones.*

• **Saw palmetto** may increase testosterone levels, improve prostate health, reduce inflammation, prevent hair loss, and enhance urinary tract function.

• **Antioxidant Defense** is an important component of a superior multi vitamin. Glutathione is the master antioxidant that is synthesized inside the body. Selenium and vitamin C are precursors to glutathione synthesis.

Supplement Facts			Serving Size: 2 Capsules		
			Servings Per Container: 30		
	Amount Per Serving	%DV			
Vitamin A (as Beta-Carotene)	600 mcg RAE	67%	Manganese (as Manganese Amino Acid Chelate)	2 mg	87%
Vitamin C (as Ascorbic Acid)	150 mg	167%	Chromium (as Chromium Piccolinate)	120 mcg	343%
Calcium (as Calcium Carbonate)	50 mg	4%	Molybdenum	75 mcg	167%
Vitamin D (as Cholecalciferol)	10 mcg	50%	Male Support	170 mg	**
Vitamin E (as DL-Alpha Tocopherol Acetate)	13.5 mg	90%	Lutein, Lycopene (<i>Lycopersicon esculentum</i>)(fruit), Stinging Nettle Extract (<i>Urtica dioica</i>)(root), Saw Palmetto (<i>Serenoa repens</i>)(fruit)		
Vitamin B1 (as Thiamine Mononitrate)	7 mg	583%	Immune Support	110 mg	**
Vitamin B2 (as Riboflavin)	7.5 mg	577%	Echinacea Extract (<i>Echinacea purpurea</i>)(aerial), Beta Glucan (<i>Saccharomyces cerevisiae</i>), Spirulina (<i>Arthrospira platensis</i>)(whole plant), Garlic (<i>Allium sativum</i>)(bulb)		
Vitamin B3 (as Niacin)	30 mg NE	188%	Antioxidant Fruit & Energy Blend 190mg	**	
Vitamin B6 (as Pyridoxine HCl)	7.5 mg	167%	Green Tea Extract (<i>Camellia sinensis</i>)(leaf), Hawthorn Berries (<i>Crataegus pinatifida</i>), Cinnamon Bark Extract (<i>Cinnamomum cassia</i>), Bilberry Fruit Extract (<i>Vaccinium myrtillus</i>), Grape Seed Extract (<i>Vitis vinifera</i> L.), Black Currant Fruit Extract (<i>Ribes nigrum</i>), Pomegranate Fruit Extract (<i>Punica granatum</i>)		
Folate	667 mcg DFE (400 mcg Folic Acid)	167%			
Vitamin B12 (as Cyanocobalamin)	27 mcg	1125%			
Biotin	300 mcg	1000%			
Vitamin B5 (as D-Calcium Pantothenate)	10 mg	200%			
Magnesium (as Magnesium Oxide)	50 mg	12%			
Zinc (as Zinc Oxide)	15 mg	136%			
Selenium (as Selenium Amino Acid Chelate)	30 mcg	55%			
Copper (as Copper Gluconate)	2 mg	222%			

Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium stearate, Silicon dioxide.

• **Suggested use:** As a dietary supplement, take 2 capsules daily with a meal or as directed by your healthcare practitioner.

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product. Keep out of the reach of children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

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