

**Directions:** For adult men, take four (4) gummies daily. May be taken with or without food.

# Supplement Facts

Serving Size 4 Gummies  
Servings Per Container 30

Amount Per 4 Gummy Serving	% Daily Value	
Calories	45	
Total Carbohydrate	10 g	4%†
Sugars	7 g	**
Includes 7 g Added Sugars		14%†
Vitamin A (as 50% beta-carotene, retinyl palmitate USP)	270 mcg	30%
Vitamin C (as organic acerola cherry extract)	45 mg	50%
Vitamin D (D-3 as cholecalciferol USP)	40 mcg (1600 IU)	200%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	9 mg	60%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	0.12 mg	10%
Riboflavin USP (Vitamin B-2)	0.26 mg	20%
Niacin (Vitamin B-3 as inositol niacinate USP)	4 mg	25%
Vitamin B-6 (as pyridoxal 5-phosphate)	1.7 mg	100%
Folate (as L-methylfolate, calcium salt)	400 mcg DFE 240 mcg L-methylfolate	100%
Vitamin B-12 (as methylcobalamin)	3 mcg	125%
Biotin USP	15 mcg	50%
Pantothenic acid (as calcium D-pantothenate USP)	1.5 mg	30%
Iodine (as potassium iodide USP)	150 mcg	100%
Zinc (as zinc citrate USP)	5.5 mg	50%
Selenium (as sodium selenite)	14 mcg	25%
Sodium	25 mg	0%
Organic Flax Seed Oil	341 mg	**
Omega-3 (α-Linolenic Acid)	171 mg	**
Omega-6 (Linoleic Acid)	43 mg	**
Omega-9 (Oleic Acid)	55 mg	**
Vitamin K-2 (as menaquinone-7)	36 mcg	**
Inositol (from inositol niacinate)	1 mg	**
<i>Bacillus subtilis</i> (organic maltodextrin ≥70%, DE111®) 1 Billion CFU	10 mg	**

† Percent Daily Value based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Other Ingredients:** Organic Cane Sugar, Organic Tapioca Syrup, Organic Lemon Concentrate, Organic Natural Flavors, Pectin, Colors Added (Organic Black Carrot Concentrate, Organic Maqui Berry Concentrate), Citric Acid, Sodium Citrate, Organic Sunflower Oil, Corn Starch, Organic Carnauba Wax.