

Amount Per Serving	% Daily Value	
Vitamin A (as beta carotene, mixed carotenoids)	3000 mcg	333%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D (as cholecalciferol)	37.5 mcg	188%
Vitamin E (as d-alpha tocopheryl succinate)	160 mg	1067%
Vitamin K (as phytonadione)	75 mcg	63%
Thiamin (as thiamin hydrochloride)	75 mg	6250%
Riboflavin	75 mg	5769%
Niacin (as niacinamide)	75 mg	469%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	50 mg	2941%
Folic Acid	1000 mcg DFE	250%
Vitamin B <sub>12</sub> (as cyanocobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	75 mg	1500%
Calcium (as dicalcium phosphate dihydrate)	50 mg	4%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, aspartate)	80 mg	19%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as selenomethionine)	200 mcg	364%
Copper (as copper sulfate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as chromium GTF)	120 mcg	343%
Molybdenum (as molybdenum A.A. chelate)	80 mcg	178%
Sodium	10 mg	< 1%
Amino Men Blend	1 g	†
L-Arginine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Cystine, L-Lysine HCl, L-Threonine		
Phyto Men Blend	100 mg	†
Green Tea Powder (leaf), Hesperidin Complex (fruit), Deodorized Garlic Powder (bulb), Grape Extract (seed)(standardized to 95% polyphenol), Fruit Blend [Orange Powder (fruit), Pineapple Powder (fruit), Apple Powder (fruit), Grape Powder (fruit), Blueberry Powder (fruit), Cranberry Powder (fruit), Papaya Powder (fruit), Elderberry Powder (fruit), Blackberry Powder (fruit), Black Currant Powder (fruit), Kiwi Powder (fruit)], Vegetable Blend [Wild Yam Powder (root), Carrot Powder (root), Spinach Powder (leaf), Cauliflower Powder (head), Kale Powder (leaf), Brussels Sprouts Powder (edible head), Broccoli Powder (whole plant)]		

# SUPPLEMENT XXX

# X Men Power