

TH₂₁ - Just for Men

A high potency multi vitamin/mineral/herbal formula in a pleasant tasting powder formula.

Supplements Facts		
Serving Size	1 Scoop	
Servings per Container	30	
Amount Per Serving		%DV
Vitamin A (as Beta Carotene)	6 mg	200%**
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin E (as d-Alpha Tocopherol Acetate)	400 IU	1333%
Thiamine (as Thiamine hcl)	15 mg	1000%
Riboflavin (as Riboflavin hcl)	15 mg	882%
Pyridoxine (as Pyridoxine Monohydrate)	5 mg	250%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as cobalamin)	6 mcg	100%
Biotin	3 mg	1000%
Pantothenic Acid	10 mg	100%
Zinc (as Amino Acid Chelate)	25 mg	166%
Selenium (as Selenomethionine)	50 mcg	*
Copper (as Copper Aspartate)	2 mg	100%
Manganese (as Manganese Sulfate)	1.5 mg	*
Chromium (as Chromium Picolinate)	100 mcg	*
Choline (as Choline Bitartrate)	100 mg	*
Inositol	100 mg	*
Chinese Herbal Health Blend	2450 mg	*
Ginkgo Biloba, Asparagus Cochinchinensis, Psyllium, Ginseng, Gotu Kola, Echinacea and Garlic (odorless).		
<small>*Daily Value not established.</small>		

Directions: Adults take one scoop daily mixed in water or juice.