

ORB™

At ORB, we believe that the right amount of science and simplicity can unlock a vitamin's true potential. We combine top quality nutrients in 2-in-1 formulations and use our patented time-release technology so you know they are working throughout the day. Vitamins should be easy, effective and enable you to live a healthier life. We make your health simple.†

MEN'S MULTI + FISH OIL 1000mg

Start your day knowing that you are making an impact on your health. ORB's Men's Multi + Fish Oil kick-starts your morning, supports you for 8 hours, and provides a sense of vitality that you can actually feel. We combine 21 essential vitamins and minerals with Omega 3 fatty acids in one high-quality full daily serving, providing antioxidant support for a healthy immune system. Now, you can feel confident that your multivitamin is working for you all day.†



Time Release
Terra Intelligent Dosing™



- Terra Ingredient Layering Core
- Terra Intelligent Ingredient Layers For Targeted Release
- Terra Multi Coating Matrix



MEN'S MULTI + FISH OIL 1000mg

SUGGESTED USE: As a dietary supplement, adults take 1 Serving (2 Capsules) in the morning with a meal. Please read the entire label before use.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%
Vitamin A (as Retinyl Palmitate)	900 mcg	100%
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin D (as Cholecalciferol)	50 mcg	250%
Vitamin E (as D-Alpha Tocopherol)	15 mg	100%
Vitamin K (as Phytonadione)	120 mcg	100%
Thiamin (Vitamin B1) (as Thiamine Mononitrate)	6 mg	500%
Riboflavin (Vitamin B2)	6.5 mg	500%
Niacin (as Inositol Hexanicotinate)	16 mg	100%
Vitamin B6 (as Pyridoxine HCl)	8.5 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	24 mcg	1000%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg	100%
Iron (as Ferrous Sulfate Monohydrate)	3.6 mg	20%
Iodine (as Potassium Iodine)	150 mcg	100%
Zinc (as Zinc Oxide)	11 mg	100%
Selenium (as Sodium Selenate)	55 mcg	100%
Copper (as Cupric Oxide)	0.9 mg	100%
Manganese (as Manganese Gluconate)	2.3 mg	100%
Chromium (as Chromium Chelate)	35 mcg	100%
Molybdenum (as Molybdenum Chelate)	45 mcg	100%
Fish Oil	1,000 mg	**
EPA	180 mg	**
DHA	120 mg	**
Sensoril® Ashwagandha (<i>Withania somnifera</i>) extract (root/leaf) [std. 8% withanolides]	125 mg	**
Saw Palmetto (<i>Serenoa repens</i>) (fruit) Powder	1 mg	**
Cognizin® Citicoline	1,000 mcg	**
Boron (as Amino Acid Chelate)	1 mg	**
Huperzine A (<i>Huperzia serrata</i>) extract (Whole Herb) [Std. 1% Huperzine]	1,000 mcg	**
Lycopene	100 mcg	**
L-Alpha glycerylphosphorylcholine	100 mcg	**

* Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established

***Capsule image is not an exact representation and is for illustration purposes only.