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FORMULATED FOR MEN

Since **SOLGAR®** 1947

# MALE MULTIPLE

ADVANCED PHYTONUTRIENT  
MULTIPLE VITAMIN, MINERAL  
AND HERBAL FORMULA FOR MEN

DIETARY SUPPLEMENT

120 TABLETS  
SUITABLE FOR VEGETARIANS  
GLUTEN, WHEAT & DAIRY FREE

CAREFULLY MANUFACTURED BY:  
**SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.**

## Supplement Facts

Serving Size: 3 Tablets  
Servings Per Container: 40

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....10		Molybdenum.....50 mcg.....67%	
Total Carbohydrate.....2 g.....<1%*		(as molybdenum glycinate chelate)	
Protein.....1 g.....2%*		Sodium††.....5 mg.....<1%	
Vitamin A.....15,000 IU.....300%		Potassium.....99 mg.....3%	
(as natural beta-carotene)		(as potassium amino acid complex)	
Vitamin C.....400 mg.....667%		Citrus Bioflavonoid Complex...100 mg.....**	
(as L-ascorbic acid, niacinamide ascorbate)		Choline.....100 mg.....**	
Vitamin D (as ergocalciferol)...400 IU.....100%		(as choline bitartrate)	
Vitamin E.....400 IU.....1333%		Inositol.....100 mg.....**	
(as D-alpha-tocopheryl succinate)		Pantethine.....7 mg.....**	
Thiamin.....50 mg.....3333%		Coccarboxylase.....6 mg.....**	
(as thiamin mononitrate)		Pyridoxal-5'-Phosphate.....6 mg.....**	
Riboflavin.....50 mg.....2941%		Riboflavin-5'-Phosphate.....6 mg.....**	
Niacin.....60 mg.....300%		Boron.....250 mcg.....**	
(as niacinamide ascorbate, niacin)		(as boron amino acid complex)	
Vitamin B6.....75 mg.....3750%		Eleuthero Extract (4:1).....25 mg.....**	
(as pyridoxine HCl)		(root) (Eleutherococcus senticosus)	
Folic Acid.....800 mcg.....200%		Standardized American.....25 mg.....**	
Vitamin B12.....500 mcg.....8333%		Ginseng Extract (root)	
(as cyanocobalamin)		(Panax quinquefolius)	
Biotin (as D-biotin).....300 mcg.....100%		(ginsenosides 2.5 mg [10%])	
Pantothenic Acid.....80 mg.....800%		Standardized Korean.....25 mg.....**	
(as D-Ca pantothenate)		Ginseng Extract (root)	
Calcium.....400 mg.....40%		(Panax ginseng)	
(as calcium carbonate, glycinate chelate†, citrate)		(ginsenosides 2 mg [8%])	
Iodine.....150 mcg.....100%		Saw Palmetto Extract (4:1).....25 mg.....**	
(as potassium iodide)		(berry) (Serenoa repens)	
Magnesium.....400 mg.....100%		Stinging Nettle Extract (4:1).....25 mg.....**	
(as magnesium oxide, glycinate chelate†, citrate)		(leaf) (Urtica dioica)	
Zinc.....50 mg.....333%		Pygeum Extract (bark).....25 mg.....**	
(as zinc glycinate chelate†, histidinate chelate†)		(Pygeum africanum)	
Selenium.....200 mcg.....286%		Soy Germ Extract†††.....25 mg.....**	
(as L-selenomethionine)		Lycopenes (from tomato).....1 mg.....**	
Copper.....1.5 mg.....75%		Carotenoid Mix.....172 mcg.....**	
(as copper glycinate chelate†)		(alpha and beta-carotene, lutein, zeaxanthin, cryptoxanthin)	
Manganese.....2 mg.....100%			
(as manganese glycinate chelate†)			
Chromium.....200 mcg.....167%			
(as chromium nicotinate glycinate chelate†)			

\*Percent Daily Values (DV) are based on a 2,000 calorie diet

\*\*Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin, Chlorophyll (color), Titanium Dioxide (color), Mannitol, Maltodextrin.

**SUGGESTED USE:** As a dietary supplement for adults, take three (3) tablets daily, preferably with a meal or as directed by a healthcare practitioner.