VEGETOLOGY™ +



Men's Multi +

Everyday health for men

34 Vitamins, Minerals & Active Botanicals with Creatine, CoQ10 & Maca

60 Capsules
Food Supplement

Supplement Facts

Serving size 2 Capsules per day

	Amounts per serving	% EU NRV
Vitamin A	240 µg	30%
Vitamin D3	10 µg	200%
Vitamin E	15 mg	125%
Vitamin B1	11 mg	1000%
Vitamin B2	5 mg	357%
Vitamin B3	20 mg	125%
Vitamin B5	10 mg	167%
Vitamin B6	9 mg	643%
Vitamin B12	10 µg	400%
Vitamin C	60 mg	75%
Vitamin K2	90 µg	120%
Folate	400 µg	200%
Biotin	50 µg	100%
Coenzyme Q10	20 mg	N/A
Copper	1 mg	100%
Manganese	3 mg	150%
Chromium	50 µg	125%
Selenium	117 µg	213%
Iodine	150 µg	100%
Iron	7 mg	50%
Magnesium	56.25 mg	15%
Zinc	15 mg	150%
Calcium	120 mg	15%
Creatine Monohydrate	300 mg	N/A
Red Beetroot Extract	2000 mg	N/A
Panax Ginseng Extract	500 mg	N/A
Alpha Lipoic Acid	30 mg	N/A
L-Carnitine L-Tartrate	20 mg	N/A
Alfalfa Extract	20 mg	N/A
Spirulina	20 mg	N/A
N-Acetyl L-Cysteine	12.5 mg	N/A
Citrus Bioflavonoids	10 mg	N/A
Lutein	3 mg	N/A
Maca Root Extract	25 mg	N/A

Allergy advice: Free from gluten, sugar, wheat & dairy.

Serving Size: 2 Capsules per day.
Take with food and a glass of water.

Warning: Store in a cool dry place, out of reach of young children. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated dose.

Made in the United Kingdom.

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These statements have not been evaluated by the Food and Drugs Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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The Vegan Society Vegan
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Peel back for more information.

Ingredients: Calcium Carbonate, Creatine Monohydrate, Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Bisglycinate, Red Beetroot Extract, Ascorbic acid, Panax Ginseng Extract, Zinc Citrate, DL-Alpha-Tocopheryl Acetate, Marigold Extract, L-Carnitine L-Tartrate, Alpha Lipoic Acid, Citrus Bioflavonoids, Ferrous Fumarate, Alfalfa Extract, Spirulina Extract, Nicotinamide, Ubiquinone, Magnesium Stearate, Maltodextrin, Kelp Extract, Thiamine HCl, Manganese Citrate, N-Acetyl L-Cysteine, Pyridoxine HCl, Calcium D-Pantothenate, Menaquinone-7, Riboflavin, Vitamin D3 (Medium Chain Triglycerides, Arabic Gum, Cholecalciferol), Copper Citrate, Maca Root Extract, Beta Carotene, 5-methyltetrahydrofolate, Chromium Picolinate, Sodium Selenite, Biotin, Cyanocobalamin.

Nutritional Facts: Figures as per United States FDA guidelines. **Servings: 30, Serv. size: 2 capsules.** Amount per serving: **Calories** 5, **Total Fat** 0.02g (0.02% DV), Sat. Fat 0.018g (0.09% DV), Trans Fat 0g (0% DV), Cholesterol 0mg (0% DV), Sodium 0mg (0% DV), **Total Carbohydrate** <1g (<1% DV), Fibre 0g (0% DV), Total Sugars 0g, **Protein** 0g (0% DV), Vitamin D 10μg (50% DV), Calcium 120mg (9% DV), Iron 7mg (39% DV), Potassium 0mg (0% DV), Vitamin B12 10μg (417% DV).