

# Men's One Daily

## Whole Food Multi



Recommended by  
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### DESCRIPTION

Men's One Daily Whole Food Multi is a certified USDA organic, vegan and non-GMO multivitamin and mineral complex formulated from real, whole foods and targeted to the specific needs of men. One benefit of a whole food-based multi is that it results in a wide variety of essential cofactors that may help enhance nutrient digestion, absorption and bio-availability. This formula contains a full spectrum of vitamins and minerals, including efficacious potencies of B vitamins and a vegan form of vitamin D3 from organic algae.

Men's One Daily Whole Food Multi is made from 500 mg of organic whole food complex, containing organic extracts of sesbania, guava, amla, annato, holy basil leaf, lemon fruit peel and moringa leaf. This formula also features only simple and clean excipients, and contains no dairy, wheat, gluten, eggs, peanuts, soy, fish, shellfish, sesame, preservatives, artificial colors or flavors.

### FUNCTIONS

This organic whole food multivitamin, formulated specifically for men, provides 100% or more of all the recommended daily intake of whole food B vitamins with extra added antioxidants. This formula may help to assist in healthy stress responses and provide a sense of well-being.<sup>1,2,3</sup>

The formula also contains a special form of whole food-based vitamin D3. D3 in the diet helps to promote better mood, support bone health and may also help maintain a balanced immune system.<sup>3,4</sup>

### FEATURES

- USDA organic and vegan certified.
- 500 mg organic whole food complex blend
- 25 mcg (1,000 IU) vitamin D3 from VegD3<sup>®</sup>, from organic algae
- Whole food, non-GMO, simple and clean excipients
- Ideal for vegans, vegetarians, people seeking an organic whole food or men wishing to adopt a more plant-based diet.

### INDICATIONS

Men's One Daily Whole Food Multi may be a good resource for men looking to fill nutritional gaps with a well-rounded multivitamin supplement with the added benefits of whole food ingredients selected specifically for men.

### FORMULA (WW #10445)

#### 1 Vegan Tablet Contains:

Vitamin A.....	1,500 mcg
Vitamin C^.....	90 mg
Vitamin D3 (from organic algae).....	25 mcg
Vitamin E^.....	20 mg
Vitamin K (as phytonadione).....	120 mcg
Thiamine^.....	2 mg
Riboflavin^.....	2.4 mg
Niacin^.....	23 mg
Vitamin B6^.....	11.5 mg
Folate^.....	400 mcg DFE
Vitamin B12^ (as methylcobalamin).....	7.2 mcg
Biotin^.....	120 mcg
Pantothenic acid^.....	5 mg
Iron^.....	1.8 mg
Zinc^.....	5 mg
Selenium^.....	5 mg
Copper^.....	0.2 mg
Manganese^.....	1 mg
Chromium^.....	130 mcg

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Organic Whole Food Complex Blend..... 500 mg  
Organic sesbania leaf extract, organic guava fruit and leaf extract, organic amla extract, organic annato seed and fruit extract, organic holy basil leaf extract, organic lemon fruit peel extract, organic moringa leaf extract.

Other Ingredients: Organic inulin powder, organic pea starch, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum), organic medium chain triglycerides, silica.

Contains NO dairy, wheat, gluten, eggs, peanuts, fish, shellfish, sesame, preservatives, artificial colors or artificial flavors.

## **SUGGESTED USE**

As a dietary supplement, adults take 1 tablet daily, or as directed by a healthcare professional.

## **STORAGE**

Store in a cool, dry place, away from direct light and out of reach of children

## **REFERENCES**

1. Young LM, Pipingas A, White DJ, Gauci S, Scholey A. A Systematic Review and Meta-Analysis of B Vitamin Supplementation on Depressive Symptoms, Anxiety, and Stress: Effects on Healthy and ‘At-Risk’ Individuals. *Nutrients*. 2019;11(9):2232. Published 2019 Sep 16. doi:10.3390/nu11092232
2. Boyle NB, Lawton C, Dye L. The Effects of Magnesium Supplementation on Subjective Anxiety and Stress—A Systematic Review. *Nutrients*. 2017; 9(5):429. <https://doi.org/10.3390/nu9050429>
3. Akpınar Ş, Karadağ MG. Is Vitamin D Important in Anxiety or Depression? What Is the Truth?. *Curr Nutr Rep*. 2022;11(4):675-681. doi:10.1007/s13668-022-00441-0
4. Aranow C. Vitamin D and the immune system. *J Investig Med*. 2011;59(6):881-886. doi:10.2310/JIM.0b013e31821b8755

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

Manufactured For:

**Good Life Pharmacy**

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