

Beyond Multi Support for Him



# Supplement Facts

Serving Size: 1 packet

Serving Per Container 56

Ingredient	AM Packet		PM Packet	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	—	—	9	
Total Fat	—	—	1g	1%*
Vitamin C (as Ascorbic Acid)	150 mg	167%	—	—
Vitamin D3 (as cholecalciferol from lichen)	25 mcg (1000 IU)	125%	—	—
Vitamin K2 (as MK-4 Menaquinone)	25 mcg	*	—	—
Vitamin K2 (as MK-7 Menaquinone)	25 mcg	*	—	—
Magnesium (as magnesium bisglycinate chelate)	—	—	90 mg	21%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	4 mg	36%	—	—
Selenium (as SelenoExcell® yeast from <i>Saccharomyces cerevisiae</i> )	25 mcg	45%	—	—
Iodine (as Potassium Citrate)	25 mcg	17%	—	—
Manganese (as Manganese Citrate)	500 mcg	22%	—	—
Chromium (as Chromium Picolinate)	50 mcg	143%	—	—
Molybdenum (as Molybdenum Citrate)	22.5 mcg	45%	—	—
Curcumin (as Longvida® Optimized Curcumin® from Curcuma longa Root Extract)	400 mg	*	—	—
KSM-66® Ashwagandha Root Extract ( <i>Withania somnifera</i> )	—	—	300mg	*
Omega-3 Fish Oil (Omega-3 TG) Total Omega-3 Fatty Acids (as Tryglycerides) 750mg - EPA ( <i>Eicosapentaenoic Acid</i> ) 400mg - DHA ( <i>Docosahexaenoic Acid</i> ) 300mg - Other Omega-3 Fatty Acids 50mg Other Fatty Acids 250mg	1000mg	†	—	—
Epigallocatechin gallate (EGCG) (from green tea leaf extract, std. to 98% polyphenols, 50% EGCG)	200 mg	*	—	—
Organic Oyster Mushroom ( <i>Pleurotus ostreatus</i> ) 1:1 Fruiting Body Extract (35% beta-glucans)	125 mg	*	—	—
Organic Turkey Tail Mushroom ( <i>Trametes versicolor</i> ) 8:1 Fruiting Body Extract (40% beta-glucans)	100 mg	*	—	—
Organic Reishi Mushroom ( <i>Ganoderma lucidum</i> ) 8:1 Fruiting Body Extract (30% beta-glucans)	100 mg	*	—	—
Organic Cordyceps Mushroom ( <i>Cordyceps militaris</i> ) 8:1 Fruiting Body Extract (25% beta-glucans)	100 mg	*	—	—
Organic Lion's Mane Mushroom ( <i>Hericium erinaceus</i> ) 8:1 Fruiting Body Extract (25% beta-glucans)	62.5 mg	*	—	—
Organic Chaga ( <i>Inonotus obliquus</i> ) 8:1 Extract (10% beta-glucans)	62.5 mg	*	—	—
Organic Maitake Mushroom ( <i>Grifola frondose</i> ) 8:1 Fruiting Body Extract (35% beta-glucans)	50 mg	*	—	—
Mangosteen Fruit Extract ( <i>Garcinia mangostana</i> ) (std. to 10% mangostin)	—	—	100mg	*
DIM (Diindolylmethane)	—	—	75 mg	*
Apigenin	—	—	25mg	*
Lycopene	4 mg	*	—	—

\*Daily Value not established

**Other Ingredients:** Veggie capsule (Hypromellose capsule), Rice Flour, L-leucine, Fish oil

**Contains:** Soy

**Contains No:** Animal Products, Artificial Colors or Flavors, Dairy, Gluten, Preservatives, Sugar, Yeast, Nuts, GMOs, Sesame

**Suggested Use:** Take 1 packet twice daily as a dietary supplement with food or as directed by a healthcare professional

**Caution:** Keep out of reach of children

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