

# Orenda International® AIO Male Supplement Facts

30 Day Supply

90 Tablets

Serving Size: 3 Tablets Servings per Container: 30

Recommended Intake: As a dietary supplement, take 3 tablets daily.

	Amount per Serving	%DV
Vitamin A (50% as d-Salina Beta Carotene)	5000 iu	100
Vitamin C (as Calcium Ascorbate)	300 mg	500
Vitamin D (as Colecalciferol)	2000 iu	100
Vitamin E (as d-alpha Tocopherol Acetate)	200 iu	667
Thiamin (as Thiamin Mononitrate)	30 mg	2000
Riboflavin (Vitamin B2)	30 mg	1760
Niacin (as Niacinamide)	30 mg	150
Vitamin B6 (as Pyridoxine)	30 mg	1500
Folic Acid	400 mcg	100
Vitamin B12 (as Cyanocobalamine)	30 mcg	500
Biotin	300 mcg	100
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300
Calcium (as Calcium Citrate)	200 mg	20
Iodine (as Kelp)	150 mcg	100
Magnesium (as Magnesium Oxide)	100 mg	25
Zinc (as Zinc Amino Acid Chelate)	25 mg	167
Selenium (as Selenium Amino Acid Chelate)	200 mcg	285
Copper (as Copper Amino Acid Chelate)	1 mg	50
Manganese (as Manganese Gluconate)	5 mg	250
Chromium (as Chromium Picolinate)	100 mcg	83
Molybdenum (as Molybdenum Amino Acid Chelate)	25 mcg	33
Boron (as Boron Amino Acid Chelate)	2 mg	**
Citrus Bioflavonoids	25 mg	**
PABA	10 mg	**
Choline (as Choline Bitartrate)	10 mg	**
Inositol	10 mg	**
Grape Seed Extract ( <i>Vitis vinifera</i> )(seed)	10 mg	**
Co Enzyme Q10	5 mg	**
Alpha Lipoic Acid	5 mg	**

**Orenda Immune™ Proprietary Blend:** 275 mg \*\*

Calcium d-Glucarate, *Lactobacillus fermentum* extract, Oat Beta Glucan

**O-Precision™ Herbal Blend:** 330 mg \*\*

Saw Palmetto (*Serona repens*)(berries), Damiana (*Turnera diffusa*)(leaf), *Panax Ginseng* (root), Oat Straw (*Avena sativa*)(aerial), Deodorized Garlic (*Allium sativum*)(bulb) Pumpkin (*Cucurbita pepo*)(seed), Nettle (*Utica dioica*)(leaf), dl Methionine, Lycopene.

**Other ingredients:** Stearic Acid, Cellulose, Modified Cellulose, Maltodextrin, Silicon Dioxide, Titanium Dioxide, Grape Skin Extract, Natural Vanilla, Magnesium Stearate, Chlorophyllin, Riboflavin.

Percent Daily Values based on a 2000 calorie diet. \*\*Daily Value (DV) not established.

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See the product label for complete ingredients listing and indications.

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