

## Essential for Men 50+

The scientifically-developed multivitamin for men 50+. Here's a guide to bring to your doctor to make sure it's right for you. Learn more at [Ritual.com](http://Ritual.com).



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Delayed Release Capsule Design
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Vegan
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Gluten & Allergen Free
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No Artificial Colorants or Synthetic Fillers
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Non-GMO
- 

Essenced with Mint

### Nutrients to Help Support

- **Heart Health\***  
Pure, non-soy Vitamin K2 and Omega-3 DHA from microalgae help support heart health.\*
- **Bone Support\***  
Calcium-helper nutrients Boron and Vitamin D3 help maintain bone health.\*
- **Normal Muscle Function\***  
Chelated Magnesium helps support normal muscle function.\*
- **Normal Immune Function\***  
Chelated Zinc and bioavailable form of Vitamin A help support normal immune function.\*

### Supplement Facts

Serving Size: Two (2) Vegan Capsules  
Servings Per Container: 30



**Folate**  
Methylated Folate  
*Pisticci, Italy*  
400 mcg DFE



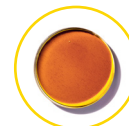
**Vitamin K2**  
Pure, non-soy form of K2 MK-7  
*Oslo, Norway*  
100 mcg



**Vitamin D3**  
Vegan-Certified D3 from lichen  
*Nottingham, UK*  
50 mcg (2000IU)



**Zinc**  
Chelated form of Zinc  
*Ogden, Utah*  
2.4 mg



**Vitamin E**  
From mixed tocopherols  
*Buenos Aires, Argentina*  
10 mg



**Vitamin B12**  
Methylated B12  
*Bridgeport, Connecticut*  
16 mcg



**Vitamin A**  
Bioavailable form of Vitamin A  
*Sisseln, Switzerland*  
180 mcg RAE



**Omega-3 DHA**  
DHA from microalgae  
*Saskatoon, Canada*  
330 mg



**Magnesium**  
Chelated form of Magnesium  
*Ogden, Utah*  
60 mg



**Boron**  
Food-form Boron  
*Momence, Illinois*  
0.7 mg

\*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.