

Datos del Suplemento: [OPTI-MEN \[180 Tabs.\] • OPTIMUM NUTRITION](#)

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# OPTI-MEN

Serving Size 3 Tablets  
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (as CaroCare® natural mixed carotenoids)	10,000.IU	200%
Vitamin C (as ascorbic acid)	300.mg	500%
Vitamin D (as cholecalciferol)	300.IU	75%
Vitamin E (as d-alpha tocopheryl succinate)	200.IU	665%
Vitamin K (as phytonadione)	75.mcg	90%
Thiamin (as thiamin hydrochloride)	75.mg	5000%
Riboflavin	75.mg	4410%
Niacin (as niacinamide)	75.mg	375%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	50.mg	2500%
Folic Acid	600.mcg	150%
Vitamin B <sub>12</sub> (as cyanocobalamin)	100.mcg	1665%
Biotin	300.mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	75.mg	750%
Calcium (as calcium carbonate, citrate)	200.mg	20%
Iodine (as kelp)	150.mcg	100%
Magnesium (as magnesium oxide, aspartate)	100.mg	25%
Zinc (as zinc citrate)	30.mg	200%
Selenium (as selenomethionine)	200.mcg	285%
Copper (as copper gluconate)	2.mg	100%
Manganese (as manganese gluconate)	5.mg	250%
Chromium (as chromium GTF)	120.mcg	100%
Molybdenum (as molybdenum A.A. chelate)	80.mcg	110%
Amino-σ Blend	800.mg	†
L-Arginine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Cystine, L-Lysine, L-Threonine		

Viri-σ Blend	525.mg	†
Saw Palmetto, powdered (berries), Damiana, powdered (leaf), Korean Ginseng, powdered (root), Pygeum Africanum, powdered (bark), Ginkgo Biloba, powdered (leaf), Raw Oyster Concentrate, Nettles, powdered (leaf), Pumpkin Seed		
Phyto-σ Blend	240.mg	†
Citrus Bioflavonoids (fruit), Deodorized Garlic, powdered (bulb), Green Tea Powder, Grape Seed Extract ( <i>Vitis vinifera</i> ) (seed) (standardized to 95% polyphenols), Blueberry Powder, Cranberry Powder, Wild Yam Powder, Carrot Powder, Papaya Powder, Orange Fruit Powder, Pineapple Powder, Spinach Powder, Elderberry Fruit Powder, Bilberry Fruit Powder, Black Currant Fruit Powder, Cauliflower Powder, Kale Powder, Brussels Sprouts Powder, Broccoli Powder, Apple Fruit Powder, Kiwi Fruit Powder, Grapefruit Powder		
Enzy-σ Blend	50.mg	†
Papain, Bromelain, Alpha Amylase, Lipase		
Alpha Lipoic Acid	25.mg	†
PABA (para-aminobenzoic acid)	10.mg	†
Choline (as choline bitartrate)	10.mg	†
Inositol	10.mg	†
Silica	5.mg	†
Boron	2.mg	†
Lycopene (as Lyc-O-Mato® natural tomato lycopene)	500.mcg	†
Lutein	500.mcg	†
Alpha Carotene	140.mcg	†
Vanadium	100.mcg	†
Cryptoxanthin	34.mcg	†
Zeaxanthin	28.mcg	†

† Daily Value not established.

**ALLERGEN INFORMATION: CONTAINS SHELLFISH (OYSTER) INGREDIENTS.**