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> Optimum Nutrition Opti-Men Daily Multivitamin for Men, 150 Count Instruction Manual

Optimum Nutrition 1077172

Optimum Nutrition Opti-Men Daily Multivitamin for Men, 150 Count Instruction Manual

PRODUCT OVERVIEW

Optimum Nutrition Opti-Men is a daily multivitamin supplement formulated for active men. It provides a blend of vitamins, minerals, amino acids, and botanical extracts designed to support overall health, immune function, cellular energy, and metabolism.

KEY FEATURES

- Contains 21 essential vitamins and minerals.
- Includes Vitamin C, Zinc, Vitamin D, Vitamin E, and Vitamin B12 for immune support.
- B vitamins are included to support cellular energy and metabolism, aiding in nutrient breakdown and transport.
- Provides 1 gram of free-form amino acids.
- Formulated with botanical extracts to complement a healthy, balanced diet.

USAGE INSTRUCTIONS

Directions:

Consume 3 tablets daily with food. The serving can be taken all at one meal or spread across meals throughout the day.

Suggested Use:

Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.

INGREDIENTS

Active Ingredients: 21 essential vitamins and minerals, including Vitamin C, Zinc, Vitamin D, Vitamin E, and Vitamin B12. Also contains 1 gram of free-form amino acids and various botanical extracts.

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Hydroxypropyl Methylcellulose (HPMC), Magnesium Stearate, Silica, Glycerine, Sunflower Oil.

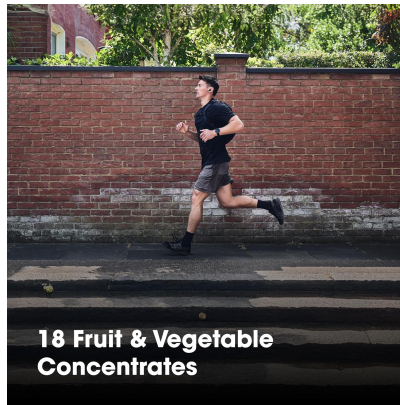


Image: A man running outdoors, representing the active men for whom the multivitamin is designed, with text highlighting "18 Fruit & Vegetable Concentrates".

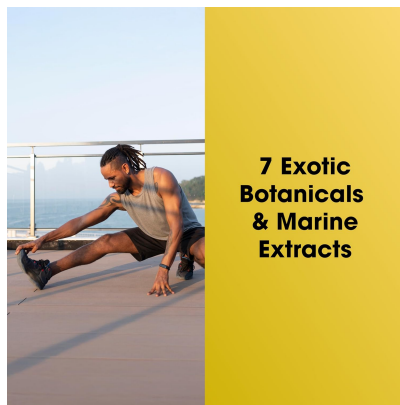


Image: A man stretching on a deck, representing an active lifestyle, with text highlighting "7 Exotic Botanicals & Marine Extracts".

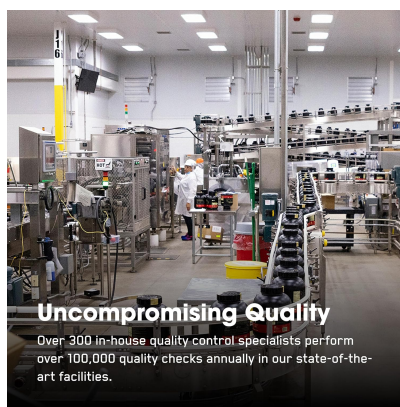


Image: Interior of an Optimum Nutrition manufacturing facility, emphasizing "Uncompromising Quality" and quality control processes.



Image: An Opti-Men bottle with several tablets appearing to float around it, visually representing the product.

The Benefits of Optimum Nutrition Opti-Men

Your browser does not support the video tag.

Video: An official video from Optimum Nutrition detailing the various benefits and features of the Opti-Men multivitamin, including its comprehensive nutrient profile and support for an active lifestyle.

SPECIFICATIONS

Brand	Optimum Nutrition
Model Number	1077172
Item Form	Tablet
Unit Count	150.0 Count
Flavor	Unflavored
Primary Supplement Type	Multivitamins
Product Dimensions	3.1 x 3.1 x 5.56 inches
Item Weight	0.17 Kilograms
Special Ingredients	Probiotic
Diet Type	Gluten Free
Product Benefits	Immune Support
Date First Available	May 2, 2014

WARRANTY & SUPPORT

For product inquiries, support, or to report any issues, please contact Optimum Nutrition directly. Contact information can typically be found on the product packaging or their official website.

Manufacturer: Optimum Nutrition - NutWell

Please retain your purchase receipt for any warranty claims.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question