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> Optimum Nutrition Opti-Men Daily Multivitamin for Men, Immune Support Supplement with Amino Acids, 80 Day Supply, 240 Count (Model: 1077230)

Optimum Nutrition 1077230

Optimum Nutrition Opti-Men Daily Multivitamin for Men (Model: 1077230)

Support your immune system and overall health with this specially formulated daily multivitamin for active men.

PRODUCT OVERVIEW

The Optimum Nutrition Opti-Men Daily Multivitamin is designed to support the immune system and overall health of active men. Each serving provides 21 essential vitamins and minerals, including Vitamin C, Zinc, Vitamin D, Vitamin E, and Vitamin B12. These nutrients contribute to immune system function, cellular energy, and metabolism. The formula also incorporates botanical extracts and one gram of free-form amino acids to complement a healthy, balanced diet.





Image: Front view of the Optimum Nutrition Opti-Men Daily Multivitamin bottle.

Key Features:

- **Comprehensive Formula:** Contains 21 essential vitamins and minerals.
- **Immune Support:** Includes Vitamins C, D, and Zinc.
- **Energy & Metabolism:** B vitamins support cellular energy and nutrient metabolism.
- **Amino Acid Blend:** Features 1 gram of free-form amino acids.
- **Botanical Extracts:** Enhanced with various botanical extracts.
- **Supply:** Each bottle provides an 80-day supply (240 tablets).

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.

INGREDIENTS & SUPPLEMENT FACTS

The Opti-Men multivitamin contains a blend of vitamins, minerals, and other active ingredients. For a detailed breakdown, please refer to the Supplement Facts panel on the product packaging.

Supplement Facts		
Serving Size 3 Tablets		
Servings Per Container 80		
	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, mixed carotenoids)	3000 mcg	333%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D (as cholecalciferol)	37.5 mcg	188%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Vitamin K (as phytonadione)	75 mcg	63%
Thiamin (as thiamin hydrochloride)	75 mg	6250%
Riboflavin	75 mg	5769%
Niacin (as niacinamide)	75 mg	469%
Vitamin B ₆ (as pyridoxine hydrochloride)	50 mg	2941%
Folate	1020 mcg DFE (600 mcg folic acid)	255%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (as calcium d-pantothenate)	75 mg	1500%
Choline (as L-choline bitartrate)		2%
Calcium (as dicalcium phosphate)	50 mg	4%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, aspartate)	80 mg	19%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper sulfate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate)	120 mcg	343%
Molybdenum (as molybdenum A.A. chelate)	80 mcg	178%
Sodium	10 mg	< 1%
Amino Men Blend	1 g	*
L-Arginine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Cystine, L-Lysine Hydrochloride, L-Threonine		
Phyto Men Blend	100 mg	*
Green Tea Powder (leaf), Hesperidin Complex (fruit), Deodorized Garlic Powder (bulb), Grape Seed Extract, Fruit Blend (Orange Powder, Pineapple Powder, Apple Powder, Grape Powder, Blueberry Powder, Cranberry Powder, Papaya Powder, Elderberry Powder, Bilberry Powder, Black Current Powder, Kiwi Powder), Vegetable blend (Wild Yam Powder, Carrot Powder, Spinach Powder, Cauliflower Powder, Kale Powder, Brussels Sprouts Powder, Broccoli Powder)		
Viri Men Blend	50 mg	*
Saw Palmetto Extract (berry), Damiana Extract (leaf), Panax Ginseng Extract (root), Ginkgo Biloba Powdered Extract (leaf), Nettles Powdered Extract (leaf), Pumpkin Extract (seed), Oyster Extract		
Enzyme Blend	50 mg	*
Papain, Bromelain, Alpha Amylase and Lipase		
Alpha Lipoic Acid	25 mg	*
PABA (para-amino benzoic acid)	10 mg	*
Inositol	10 mg	*
Boron (as boron citrate)	2 mg	*
Lycopene	500 mcg	*
Lutein	500 mcg	*
Alpha-Carotene	140 mcg	*
Vanadium (as vanadium citrate)	100 mcg	*
Cryptoxanthin	34 mcg	*
Zeaxanthin	28 mcg	*
*Daily Value not established.		

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

CONTAINS SOY.

DIRECTIONS: Consume 3 tablets with food.

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

SUPPORTS MUSCLE HEALTH*

SUPPORTS CELLULAR ENERGY & METABOLISM**

SUPPORTS IMMUNITY*

*B-VITAMINS SUPPORT THE BREAKDOWN AND TRANSPORT OF NUTRIENTS.
*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.

Image: Detailed Supplement Facts panel showing vitamin and mineral content per serving.

Other Ingredients:

Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, hydroxypropyl methylcellulose (HPMC), polydextrose, medium chain triglycerides, silica. Contains: Shellfish (oyster).

SAFETY INFORMATION

This product is intended for use in healthy adults and as part of a healthy, balanced diet and exercise program. Consult your physician before using this product if you are taking any medications or are under a physician's care for a medical condition. Not for use by those under the age of 18 or women that are pregnant, trying to get pregnant, or are nursing.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

PRODUCT SPECIFICATIONS

Brand:	Optimum Nutrition
Model Number:	1077230
Item Form:	Tablet
Unit Count:	240 Count
Flavor:	Unflavored
Product Dimensions:	3.19 x 3.19 x 6.19 inches
Item Weight:	0.28 Kilograms (9.84 ounces)
Primary Supplement Type:	Multivitamins
Special Ingredients:	Probiotic
Product Benefits:	Immune Support
Age Range (Description):	Adult
Date First Available:	August 4, 2014

ADDITIONAL PRODUCT IMAGES



Image: Infographic highlighting key product statistics: over 75 active ingredients, 25 vitamins & minerals, 80 servings per bottle, and a 3-capsule serving size.

A close-up, low-angle shot of a Black man in a gym, lifting a heavy weight. He is looking upwards with a determined and straining expression, his face glistening with sweat. The background is dark and out of focus, emphasizing the man and his effort.

Supports Cellular Energy & Metabolism²

¹ 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.

² B-vitamins support the breakdown and transport of nutrients

Image: A man lifting weights, illustrating the product's benefit of supporting cellular energy and metabolism.

Supports The Processing of Nutrients²

1 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.

2 B-vitamins support the breakdown and transport of nutrients

Image: A man in athletic wear, with text indicating the product supports the processing of nutrients.



Supplement Facts

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



**AUTHENTIC
OPTIMUM NUTRITION
PRODUCT**

STORE IN A COOL, DRY PLACE

MANUFACTURED IN THE USA
THIS PRODUCT CONTAINS INGREDIENTS
OF INTERNATIONAL AND DOMESTIC ORIGIN.

▲THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

WARRANTY AND SUPPORT

Specific warranty information for Optimum Nutrition Opti-Men Daily Multivitamin is not provided in the available product details. For support or further inquiries, please refer to the manufacturer's contact information typically found on the product packaging or their official website.

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

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