MET-Rx® ACTIVE MAN MULTIVITAMIN

ACTIVE MAN IS DESIGNED FOR MEN OF ALL AGES WHO NEED A MULTIVITAMIN THAT WORKS JUST AS HARD AS THEY DO. ACTIVE MAN IS ENHANCED WITH KEY VITAMINS AND MINERALS NEEDED TO SUPPORT ENERGY METABOLISM AND NUTRIENT BREAKDOWN, TWO CRITICAL FACTORS FOR ATHLETIC PERFORMANCE AND RECOVERY.* EACH SERVING ALSO CONTAINS POTENT LEVELS OF ANTIOXIDANTS

Directions: For adult men, take two (2) tablets daily, preferably with a meal. As a reminder

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT, TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease



SUCH AS VITAMIN C. E AND SELENIUM.

Manufactured in the USA by MET-Rx Nutrition, Inc., Boca Raton, FL 33487 @2012 Questions? Call toll free 1-800-55-MET-Rx To learn more, please go to www.MET-Rx.com



DAILY NUTRITION

MET-RX

MAN

- MULTIVITAMIN SPECIALLY DESIGNED FOR THE ATHLETIC MALE
- TIMED RELEASE HIGH POTENCY FORMULA



Supplement Facts

Contains milk and soy ingredients.

Amount Per Serving	%Daily Value	
Vitamin A (as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as D3 Cholecaloferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	60 mg	4,000%
Riboflavin (Vitamin 8-2)	60 mg	3,529%
Nacin (as Nacinamide)	60 mg	300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	60 mg	3,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Botn	500 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	60 mg	600%
Calcium (as Calcium Carbonate, Dicalcium Phosphate and Calcium Gtrate)	295 mg	30%
ledine (as Potassium ledide)	150 mcg	100%
Magnesium (as Magnesium Chide)	100 mg	25%
Zinc (as Zinc Oxide)	25 mg	167%
Selenium (as Sodium Selenate)	200 mcg	286%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Picolinate)	200 mcg	167%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Potassium (as Potassium Chloride)	100 mg	35
Choline Bitartrate	10 mg	77
Inositol	10 mg	**
Boron (as Sodium Tetraborate)	2 mg	*
Vanadium (as Sodium Metavanadate)	10 mcg	- 10
Silica	4 mg	*
Special Sport Blend L-Glutamine, L-Oxsteine, Beta-Alanine, Taurine, N-Acetyl-L-Carnitine, L-Arctinine, L-Carnitine	150 mg	**
BCAA Blend - L-Valine, L-Leucine, L-Isoleucine	200 mg	- 1
Creatine Amplifier Blend - Glycocyamine, Glycine Powder, L-Methionine	200 mg	
Herbid Blend Ginkgo Biloba (Ginkgo biloba) (leaf), Cayenne Pepper (Capsicum annuum) (finit), Green Tea Phosphatid/senne	50 mg (CameNa sinensis) (le	eaf), Spirulina
Anticodant Blend	50 mg	

Citrus Bioffavonoids Complex (Citrus spp.) (fruit), Grapeseed Extract (Vifis vinifera), Bilberry Extract (Vaccinium myrthlus) (fruit) Noba Lingia Acid. Super Dode Disnostase. Coenzyme D-10. Zeoxambin, Lutein, Astaxianthin Comiclex

Rax (Linum usatatssimum) (seed), Saw Palmetto Entract (Seneroa repens) (huit), Dyster Extract, Pumpkin Seed (Cacarthita pepo) Maca Entract (Landow managoli root) (ILBN: Macamides and Macannes), Lycopene

ther Ingredients: Hypromellose, Contains <2% of: Calcium Silicate, Cellulose Coating, Cellulose (Plant Origin) Mannitol. Starch. Vegetable Magnesium Stearate, Vegetable Stearic Acid.