

NATURE'S BOUNTY

Prescriptive Formulas[™] OPTIMAL VITAMIN PACKS[™]

MEN'S

Multivitamin/Mineral

A high potency supplement providing essential vitamins and minerals such as Vitamins C and E for antioxidant health, Zinc for immune health and more.*

Vitamin C

Vitamin C plays an important role in supporting immune function.* As an antioxidant, Vitamin C helps fight cell damaging free radicals in the body.*

Vitamin E

Vitamin E is a potent antioxidant that helps fight free radicals.*

Fish Oil 1000 mg with 300 mg Omega 3

Contains EPA and DHA, two fatty acids vital for good health.*

- ▶ A balanced daily nutritional program
- ▶ Formulated to synergistically work together for optimal nutrition
- ▶ Convenient individual packs to use at work, the gym, while traveling or at home

B-Complex

Made up of several B vitamins that work together to support nervous system health and energy metabolism.* Each nutrient in the B Vitamin Complex performs a unique role in providing nourishment for occasional stress and is essential for well-being.*

Vitamin D

Vitamin D3 is a potent and active form of Vitamin D, which supports immune health.* Vitamin D3 also supports strong bones and teeth.*

Saw Palmetto

A traditional herb for men.*

*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.

Supplement Facts

Serving Size 1 Packet

Amount Per Serving	%Daily Value
Calories	20
Calories from Fat	15
Total Fat	1.5 g 2%**
Polysaturated Fat	0.5 g ***
Cholesterol	5 mg 2%
Protein	<1 g 1%**
Vitamin A (as Vitamin A Acetate and 40% as Beta-Carotene)	2,500 IU 50%
Vitamin C (as Ascorbic Acid)	560 mg 933%
Vitamin D (as D3 Cholecalciferol)	1,500 IU 375%
Vitamin E (as dl-Alpha Tocopheryl Acetate and d-Alpha Tocopherol)	450 IU 1,500%
Vitamin K (as Phytonadione)	30 mcg 38%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride and Thiamin Mononitrate)	6.5 mg 433%
Riboflavin (Vitamin B-2)	6.7 mg 394%
Niacin (as Niacinamide)	60 mg 300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	4 mg 200%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	26 mcg 433%
Biotin (as d-Biotin)	30 mcg 10%
Pantothenic Acid (as d-Calcium Pantothenate)	14.6 mg 146%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	248 mg 25%
Phosphorus (as Dicalcium Phosphate)	42 mg 4%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Oxide)	11 mg 73%
Selenium (as Sodium Selenate)	55 mcg 79%
Copper (as Cupric Sulfate)	0.5 mg 25%
Manganese (as Manganese Sulfate)	2.3 mg 115%
Chromium (as Chromium Picolinate)	45 mcg 38%
Molybdenum (as Sodium Molybdate)	45 mcg 60%
Chloride (as Potassium Chloride)	72 mg 2%
Sodium	5 mg <1%
Potassium (as Potassium Chloride)	80 mg 2%
Fish Oil provides 300 mg of Total Omega-3 Fatty Acids† comprising of:	1,000 mg (1 g) ***
EPA (Eicosapentaenoic Acid), DHA (Docosahexaenoic Acid), Other Fatty Acids	***
Desiccated Liver	100 mg ***
Brewer's Yeast	50 mg ***
Choline Bitartrate	20 mg ***
Rose Hips	14 mg ***
Inositol	10 mg ***
Saw Palmetto Extract (<i>Serenoa repens</i>) (berry) (Standardized to contain 85-95% fatty acids and biologically active sterols, 136-152 mg)	160 mg ***
Lycopene	300 mcg ***
Lutein	250 mcg ***
Boron (as Boric Acid and Sodium Borate)	150 mcg ***
Vanadium (as Sodium Metavanadate)	10 mcg ***
Nickel (as Nickel Sulfate)	5 mcg ***
Silicon (as Silicon Dioxide)	2 mg ***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Cellulose, Vegetable Glycerin, Olive Oil, Soybean Oil, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Croscopolone, Calcium Silicate, Titanium Dioxide Color, Silica, Starch, Corn Oil, Mixed Natural Tocopherols, FD&C Blue #2 Lake, FD&C Yellow #6 Lake, FD&C Red #40 Lake.

Contains wheat and fish (anchovy, mackerel, sardine) ingredients.

†As Natural Triglycerides

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MEN'S

COMPLETE DAILY NUTRITIONAL PACKETS

With

Saw Palmetto, Omega 3 and Zinc

1 PACKET PER DAY

NATURE'S BOUNTY

Prescriptive Formulas[®] OPTIMAL VITAMIN PACKS[™]

MEN'S

COMPLETE DAILY NUTRITIONAL PACKETS

1 PACKET PER DAY

Helps Support:

HEART HEALTH AND IMMUNE FUNCTION*

STRONG BONES AND TEETH*

EYE HEALTH*

With Saw Palmetto, Omega 3 and Zinc

30 Day Supply Packets

NOT ACTUAL SIZE

DIETARY SUPPLEMENT

Part No. 22-30010

Prod. No. 30010

DIRECTIONS: For adults, take one (1) packet daily, preferably with a meal.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Shellfish.

WARNING: This product is intended for use by men and 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. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer wrap is missing or torn.

Fish Oil - Product of Peru

Carefully Manufactured by
NATURE'S BOUNTY, INC.
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Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards[™] program, visit www.NaturesBounty.com

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