



MEN'S MULTI

ULTRA MAN™
High Potency

Active Nutrition for Today's Man

Multivitamin, Mineral & Herb
Supplement Optimized for Men

Time Released

DIETARY SUPPLEMENT

50 COATED
CAPLETS

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 25

Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	300 mg 500%
Vitamin D (as D3 Cholecalciferol)	2,000 IU 500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phytonadione)	75 mcg 94%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%
Riboflavin (Vitamin B-2)	50 mg 2,941%
Niacin (as Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%
Biotin	1,000 mcg 333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium Citrate, Calcium Silicate and d-Calcium Pantothenate)	100 mg 10%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	50 mg 13%
Zinc (as Zinc Oxide)	15 mg 100%
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%

Amount Per Serving	%Daily Value
Molybdenum (as Sodium Molybdate)	72 mcg 96%
Chloride (as Potassium Chloride)	27 mg 1%
Potassium (as Potassium Chloride)	30 mg 1%
Alpha Lipoic Acid	10 mg *
Choline Bitartrate	10 mg *
Inositol	10 mg *
Boron (as Boronorganic Glycine)	2 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
Proprietary Amino Acid Blend (L-Taurine, L-Glutamine, L-Arginine, L-Valine, L-Cysteine, L-Leucine, N-Acetyl Carnitine Hydrochloride, L-Isoleucine, L-Carnitine, L-Methionine)	150 mg *
Proprietary Men's Blend (Pumpkin Seed (<i>Cucurbita pepo</i>), Oyster Extract, Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit), Lycopene)	120 mg *
Proprietary Herbal Blend (Citrus Bioflavonoids (<i>Citrus limon</i>) (fruit), Bilberry (<i>Vaccinium myrtillus</i>) (leaf), Elderberry (<i>Sambucus nigra</i>) (fruit), Black Currant (<i>Ribes nigrum</i>) (fruit), Grape Seed Extract (<i>Vitis vinifera</i>), Brussels Sprouts Extract, Kale Extract, Cauliflower Extract, Celery Seed (<i>Apium graveolens</i>), Carrot Extract, Broccoli Extract, Cabbage Extract, Resveratrol from (<i>Polygonum cuspidatum</i>) (root), Astaxanthin Complex, Lutein, Super Oxide Dismutase, Coenzyme Q-10)	120 mg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Vanillin, Vegetable Magnesium Stearate.

Contains milk and soy ingredients.

DIRECTIONS: For adult men, take two (2) caplets daily, preferably with a meal.

No Artificial Color, No Preservatives, No Sugar, No Gluten, No Wheat, No Yeast.

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 adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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