Directions: Take one packet 1-2 times daily or as directed by your healthcare practitioner.

Foundation Essentials™ for Men is a powerful combination of three foundation nutritional formulas provided in convenient daily dose packets.

Each packet contains the following three foundation formulas to be taken twice daily:

2-MultiMedica™ for Men provides high quality comprehensive vitamins, minerals, amino acids and herbals, specifically designed to address the unique nutrient needs for male adolescents, adults and seniors.* This multi-vitamin features patented Albion TRAACS® amino acid chelates for optimal mineral absorption and is provided in hypoallergenic vegetable capsules.*

1-Omega 600 EC™ provides 600 mg of ultra-pure, molecularly distilled, natural marine lipid concentrate sourced from Ocean Nutrition of Canada, the only supplier of USP (United States Pharmacopeia) verified oils from fish caught in cold, deep sea waters.

1-CoQ-Clear™ 100, a patent pending, crystal-free CoQ10, offers the highest absorption and bioavailability.* CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way. CoQ10 is a vital part of a high quality foundation nutrition regime, as an extremely powerful antioxidant.*

***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.**

CAUTION: Keep out of reach of children.
STORAGE: Keep tightly closed in a cool, dry place.
CONTAINS NO: Wheat, gluten, yeast, dairy products, artificial colors, sweeteners or preservatives.

This Formula Meets or Exceeds cGMP Quality Standards.

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NuMedica®
9503 E. 56th Place | Tulsa, OK 74145
800.869.8100 | www.numedica.com

The packets in this container are labeled Foundation Nutrition for Men.

NuMedica®
ACHIEVING PHYSIOLOGICAL BALANCE

Foundation Essentials™ FOR MEN

60 PACKETS

Dietary Supplement
Professional Use Only

GOLD MEDALLION FORMULA

NUMEDICA

Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 60

	2-MultiMedica™ for Men Amino Acids™		1-Omega 600 EC™ Fish Oil		1-CoQ-Clear™ 100 Coenzyme Q10™	
Calories	12					
Calories from Fat	10					
Total Fat			1 g	2%		
Cholesterol			12 mg	4%		
Vitamin A (75% [7500 IU] natural mixed carotenoids, 25% [2500 IU] retinyl palmitate)	5,000 IU	100%				
Vitamin C (ascorbic acid, calcium ascorbate, zinc ascorbate, potassium ascorbate, calcium ascorbate)	125 mg	208%				
Vitamin D3 (as cholecalciferol)	200 IU	50%				
Vitamin E (as d-alpha tocopherol succinate)	30 IU	100%			30 IU	100%
Thiamin (as thiamin mononitrate)	10 mg	666%				
Riboflavin (as riboflavin-5'-phosphate, riboflavin)	10 mg	588%				
Niacin (as niacinamide, niacin)	20 mg	100%				
Vitamin B-6 (as pyridoxal-5'-phosphate)	10 mg	500%				
Folate (as folinic acid)	400 mcg	100%				
Vitamin B-12 (as methylcobalamin)	50 mcg	1000%				
Biotin	500 mcg	166%				
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%				
Choline (as choline bitartrate, choline citrate)	35 mg	5%				
DimaCal® (d-calcium malate, calcium ascorbate)						
Iodine (as potassium iodide)						
Magnesium (TRAACS® magnesium glycinate chelate buffered, magnesium oxide, magnesium citrate)	100 mg	25%				
Iron (as ferrous fumarate, ferrous pyrophosphate)	7 mg	46%				
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)	30 mg	71%				
Selenium (TRAACS® selenium glycinate chelate)	200 mcg	286%				
Manganese (TRAACS® chelate)	2 mg	100%				
Chromium (TRAACS® chromium nicotinate glycinate chelate)	250 mcg	208%				
Molybdenum (TRAACS® molybdenum glycinate chelate)	250 mcg	333%				
Potassium (as potassium citrate, potassium ascorbate)	48 mg	1%				
Pumpkin Seed Extract	25 mg	**				
Saw Palmetto Berry Extract	25 mg	**				
N-Acetyl L-Carnitine HCl	25 mg	**				
N-Acetyl-L-Cysteine	25 mg	**				
Choline (as choline bitartrate)	25 mg	**				
Inositol	20 mg	**				
Glycine	15 mg	**				
Taurine	15 mg	**				
Tribulus terrestris Fruit Extract	15 mg	**				
L-Glutamic Acid	12 mg	**				
L-Glutamine	12 mg	**				
Panax ginseng Root	12 mg	**				
L-Lysine HCl	10 mg	**				
Para-Amino Benzoic Acid (PABA)	10 mg	**				
Rutin	8 mg	**				
Hesperidin	8 mg	**				
R-Alpha Lipoic Acid	5 mg	**				
Niacin	27 mg	**				
Natural Marine Lipid Concentrate			1.2 g	**		
EPA (eicosapentaenoic acid)			360 mg	**		
DHA (docosahexaenoic acid)			240 mg	**		
CoQ10 (ubiquinone)					100 mg	**
Boron (as boron citrate)					15 mg	**

***Percent Daily Value based on a 2,000 calorie diet. ** Daily value not established.**

Other Ingredients for MultiMedica™ for Men: HPMC (vegetable capsule), rice flour and silica.
Other Ingredients for 1-Omega 600 EC™: Natural mixed tocopherols, ascorbyl palmitate, citric acid, mixed tocopherols, Polysorbate 80.
Contains: Fish (anchovy, mackerel and sardine).
Other Ingredients for 1-CoQ-Clear™ 100: Natural food grade citric ad, glycerin, purified water, mixed tocopherols, Polysorbate 80, vegetable cellulose, Yucca Extract.
Albion TRAACS®: Chemical and the Albion Research Logo are Albion Research Ltd. registered trademarks of Albion.
Allergen Alert: Contains no wheat, gluten, yeast, dairy products, artificial flavors or preservatives. Free of potential allergens.