



Ultimate Man[®] 50+

high potency
multivitamin • multimineral

cardiovascular^v

immune^v

energy production^v

antioxidant^v

180 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts Serving Size
3 Tablets, Servings Per Container: 60, Ingredients Per
Serving: Vitamin A (as Vitamin A palmitate and beta carotene)
1126 mcg (125% DV), Vitamin C (as Active C[®] (as Tri-Sorb[™])
Proprietary Blend as calcium ascorbate, magnesium ascorbate and zinc
ascorbate)) 200 mg (222% DV), Vitamin D3 (as cholecalciferol)
25 mcg (125% DV), Vitamin E (as d-alpha tocopherol succinate)
25 mg (167% DV), Vitamin K (menaquinone-7) 45 mcg (38% DV),
Thiamine (Vitamin B1)(as thiamine mononitrate) 25 mg (2083% DV),
Riboflavin (Vitamin B2) 25 mg (1923% DV),
Niacin (as niacinamide) 25 mg (156% DV), Vitamin B6 (as
pyridoxine HCl) 25 mg (1471% DV), Folate 1333 DFE (800 mcg
folic acid) (333% DV), Vitamin B12 (as methylcobalamin)
100 mcg (4167% DV), Biotin 300 mcg (1000% DV),
Pantothenic Acid (as d-calcium pantothenate) 25 mg (500% DV),
Calcium (as calcium carbonate, dicalcium phosphate and Active C[®])
200 mg (15% DV), Iodine (as potassium iodide)
150 mcg (100% DV), Magnesium (as magnesium oxide
and Active C[®]) 100 mg (24% DV), Zinc (as zinc citrate and Active C[®])
15 mg (136% DV), Selenium (as L-selenomethionine)
200 mcg (364% DV), Copper (as copper glycinate)
2 mg (222% DV), Manganese (as manganese glycinate)
2 mg (87% DV), Chromium (as chromium nicotinate glycinate chelate)

200 mcg (571% DV), Molybdenum (as molybdenum
bis-glycinate) 75 mcg (167% DV), Choline (as choline
bitartrate) 25 mg (5% DV), Alpha Lipoic Acid
50 mg (* DV), Green Tea Extract (*Camellia sinensis*)(leaf
std to 95% Polyphenols (47.5 mg) std to 40% EGCG (20 mg)
50 mg (* DV), Pomegranate Extract (*Punica granatum*)
(fruit) std to 40% Ellagic Acid (40 mg) 100 mg (* DV),
Inositol 25 mg (* DV),
Boron (as boron glycinate) 3 mg (* DV),
Black Pepper Concentrate 5 mg (* DV),
Lutein 1 mg (* DV), Lycopene 1 mg (* DV),
Vanadium (as vanadyl sulfate) 1 mg (* DV),
Ginkgo Biloba Extract (*Ginkgo biloba*)(leaf) std to 24%
Ginkgo Flavonglycosides (28.8 mg) 120 mg (* DV),
Cinnamon Bark Extract std to 10% Polyphenols
(10 mg) 100 mg (* DV),
Coenzyme Q-10 50 mg (* DV),
Phytosterol (as beta-sitosterol, stigmasterol, campesterol and
brassicasterol) 100 mg (* DV),
Saw Palmetto Extract (*Serenoa repens*)(fruit)
std to 45% Fatty Acids (22.5 mg) 50 mg (* DV)
* Daily Value not established.

Active-C[®] is a registered trademark of Vitamin Shoppe Industries, Inc.
Tri-Sorb[™] is a trademark of Vitamin Shoppe Industries, Inc.

Other ingredients: Microcrystalline cellulose,
stearic acid, croscarmellose sodium, silicon dioxide,
magnesium stearate, pharmaceutical glaze,
hypromellose, natural vanilla, carnauba wax, glycerin.

Does not contain: Wheat, Gluten, Salt, Soy, Dairy,
Fish, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take three
(3) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to
use if you are taking any medication or have any
medical conditions.

▼ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if inner seal is broken or missing.

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