



Ultimate Man[®] Gold

a highly bioavailable
multivitamin • multimineral

cardiovascular[✓] | energy production[✓]
immune[✓] | antioxidant[✓] | digestion[✓]

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 50% Beta Carotene and 50% retinyl palmitate) 1126 mcg (125% DV),
Vitamin C (from calcium ascorbate, magnesium ascorbate
and zinc ascorbate) 500 mg (556% DV),
Vitamin D3 (as cholecalciferol) 50 mcg (250% DV),
Vitamin E (as d-alpha tocopheryl succinate) 25 mg (167% DV),
Vitamin K2 (as menaquinone MK-7) 45 mcg (38% DV),
Thiamine (Vitamin B1) (as thiamine mononitrate) 80 mg (6667% DV),
Riboflavin (Vitamin B2) 80 mg (6154% DV),
Niacin (as niacinamide) 80 mg (500% DV),
Vitamin B6 (from pyridoxine HCl) 50 mg (2941% DV),
Folate (as folic acid) 800 mcg (333% DV) 1333 mcg DFE,
Vitamin B12 (as methylcobalamin) 500 mcg (20833% DV),
Biotin (as d-biotin) 600 mcg (2000% DV), Pantothenic Acid (as
d-calcium pantothenate) 50 mg (1000% DV), Calcium (as dicalcium
phosphate, calcium ascorbate and calcium citrate) 200 mg (15% DV),
Iodine (from potassium iodide) 150 mcg (100% DV),
Magnesium (from magnesium ascorbate, magnesium
oxide and magnesium citrate) 100 mg (24% DV),
Zinc (from zinc ascorbate and zinc citrate) 25 mg (227% DV),
Selenium (from l-selenomethionine) 200 mcg (364% DV),
Copper (from copper glycinate) 2 mg (222% DV), Manganese (from
manganese citrate) 2 mg (87% DV), Chromium (from chromium nicotinate
glycinate) 200 mcg (571% DV), Molybdenum (from molybdenum
glycinate) 75 mcg (167% DV), Potassium (from potassium citrate
monohydrate) 99 mg (2% DV), Choline (from choline
bitartrate) 25 mg (5% DV), Men's Health Blend: Phytosterol Beta
Sitosterol Complex 300 mg std to 40% Beta Sitosterol 120 mg, Pomegranate
Extract (*Punica granatum*)(hull) 100 mg std to 40% Ellagic Acid 40 mg,
Maca Extract (*Lepidium meyenii*)(root) 50 mg std to 0.6% glucosinates 300 mcg,

Saw Palmetto Extract (*Serenoa repens*)(fruit) 100 mg std to 45%
Fatty Acids 45 mg 550 mg (* DV),
Antioxidant Health Blend/Energy Blend: Trans-Resveratrol
(*Polygonum cuspidatum*)(root) 100 mg std to 50% trans-resveratrol 50 mg,
Co-Enzyme Q-10 (Ubidecarenone) 50 mg, Alpha Lipoic Acid 100 mg,
Green Tea Extract Decaffeinated (*Camellia sinensis*)(leaf) 100 mg std to 98%
Polyphenols 98 mg std to 45% EGCG 45 mg, Rhodiola Rosea Extract
(*Rhodiola rosea*)(root) 100 mg std to 3% Rosavins (3 mg) 450 mg (* DV),
Eye Health Blend: Lutein 3 mg, Lycopene (from tomato extract) 1 mg,
Zeaxanthin 1 mg 5 mg (* DV), Digestive Blend: (*Bacillus coagulans*)
(minimum 15 billion cfu/g) 100 mg, Bromelain (2400 GDU/g)(from
pineapple) 50 mg, Ginger Root Extract (*Zingiber officinale*)(root) 25 mg,
std to 5% Gingerols & Shogaols 1.25 mg, Papain (2000 FCC/mg) (from
papaya) 25 mg 200 mg (* DV),
Vanadium (from vanadyl sulfate) 1 mg (* DV),
Inositol 25 mg (* DV),
PABA (para-aminobenzoic acid) 25 mg (* DV),
Black Pepper Extract (*Piper nigrum*)(fruit) std to 95%
Piperine Alkaloids 4.75 mg 5 mg (* DV),
Boron (as Boron glycinate) 3 mg (* DV).
* Daily Value not established.

Other ingredients: Microcrystalline cellulose,
croscarmellose sodium, vegetable stearic acid,
sterotex NF (hydrogenated cottonseed oil), magnesium
stearate, silicon dioxide, calcium silicate, hypromellose,
polyethylene glycol, pharmaceutical glaze, natural
vanilla flavor, carnauba wax, glycerin.

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

DIRECTIONS: 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.

Distributed by: Vitamin Shoppe, Inc.,
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

Item No. VS-3225

1869437

