



Men's Pure Pack

Comprehensive daily packet providing core nutrients, magnesium, vitamin D₃, CoQ₁₀, fish oil and saw palmetto

Dietary Supplement
DAILY PACKET

Recommendations: As a dietary supplement, take 1 packet daily (8 capsules), with a meal.

www.PureEncapsulations.com

Not For Individual Sale

v4



Men's Pure Pack

with Metafolin® L-5-MTHF

Gluten-free & Non-GMO
Dietary Supplement
30 PACKETS



Men's Pure Pack

Comprehensive daily packet providing core nutrients, magnesium, vitamin D₃, CoQ₁₀, fish oil and saw palmetto

Gluten-free & Non-GMO
Dietary Supplement
30 PACKETS

Each packet contains

Men's Nutrients | 3 vegetarian capsules
EPA/DHA essentials | 1 softgel capsule
Vitamin D₃ | 1 vegetarian capsule
CoQ₁₀ | 1 vegetarian capsule
Magnesium (citrate) | 1 vegetarian capsule
Saw Palmetto Plus | 1 softgel capsule

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 packet daily (8 capsules), with a meal.
Warning: Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.
Keep out of the reach of children.

CHROME-MATE	ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.J.
Metafolin®	Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
FloraGLO®	FloraGLO® is a registered trademark of Kemlin Industries, Inc.
Selenomax®	Selenomax® (high selenium yeast), Selenomax® is a registered trademark of Nutrition 21, Inc.
Zeaxanthin	Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM Nutritional Products, Inc.
KANEKA Q10®	Kaneke Q10® is a trademark of Kaneke Corporation.



Scan to learn about our hypoallergenic supplements

This product was sealed for your protection. Do not use if box or contents are open or damaged. Contents may not fill package in order to accommodate required labeling. Please rely on listed quantity.

manufactured by: **Pure Encapsulations**
490 Boston Post Road, Sudbury, MA 01976
1-800-753-3227 www.PureEncapsulations.com code: **MPF93**

v10



2

Men's Pure Pack

Comprehensive daily packet providing core nutrients, magnesium, vitamin D₃, CoQ₁₀, fish oil and saw palmetto#

Supplement Facts

Serving size 1 packet (8 capsules)
Servings per container 30

	Amount Per Serving	%DV
Calories	20	
Total fat	2 g	3% ^Δ
Cholesterol	< 5 mg	< 2% ^Δ
Vitamin A (as beta carotene)	1,125 mcg	125%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol) (D ₃)	37.5 mcg (1,500 IU)	188%
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	40 mg	268%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg	1,335%
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%
Vitamin B ₆ (as pyridoxine HCl) and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	400 mcg	1,333%

Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as calcium citrate)	100 mg	8%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	250 mg	60%
Zinc (as zinc citrate)	7.5 mg	68%
Selenium (from selenium yeast)	100 mcg	182%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%
Potassium (as potassium citrate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
Inositol	62.5 mg	*
Alpha lipoic acid	375 mg	*
Coenzyme Q ₁₀	60 mg	*
FloraGLO® lutein	3 mg	*
Zeaxanthin	500 mcg	*
Lycopene	500 mcg	*
Green tea (Camellia sinensis) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg	*

Red wine grape (Vitis vinifera) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg	*
Grape (Vitis vinifera) extract (seed) (standardized to contain 92% polyphenols)	50 mg	*
Pomegranate (Punica granatum) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg	*
Maca (Lepidium meyenii) extract (tuber)	100 mg	*
Astragalus (Astragalus membranaceus) extract (root)	50 mg	*
Saw palmetto (Saw palmetto) extract (fruit) (standardized to contain 212 mg total fatty acids)	320 mg	*
Pumpkin (Cucurbita pepo) oil (seed) (fresh pressed)	320 mg	*
Nettle (Urtica dioica) extract (root)	200 mg	*
Pygeum (Pygeum africanum) extract (bark)	45 mg	*
Fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg	*
EPA (eicosapentaenoic acid)	300 mg	*
DHA (docosahexaenoic acid)	200 mg	*

* Daily value (DV) not established
^ Percent daily values are based on a 2,000 calorie diet

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, sunflower lecithin, beeswax, carob. Contains fish (anchovies, sardines, mackerel)

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.