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**Directions:** For adult men, take two (2) caplets daily, preferably with meals.

**No Artificial Color or Flavor,  
No Preservatives, No Milk, No Lactose,  
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 or planning any medical procedure, consult your doctor before use. Avoid this product if you have Wilson's disease. 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 in a cool, dry place. Do not use if seal under cap is broken or missing.



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TO REORDER PROD. # **15107**  
**www.vitaminworld.com**  
**1-800-228-4533**

Carefully Manufactured by  
**Vitamin World, Inc.**  
Ronkonkoma, NY 11779 U.S.A.  
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# ULTRA MAN

## 75<sup>mg</sup> High B Complex

### DAILY MULTI Premium Performance Formula for Men

#### HIGH POTENCY



## 180 COATED CAPLETS

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 2 Caplets Servings Per Container 90

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	5	L-Arginine (as L-Arginine Hydrochloride)	50 mg **
Total Carbohydrate	1 g <1%*	L-Cysteine (as L-Cysteine Hydrochloride)	50 mg **
Vitamin A (as Retinyl Acetate and Beta-Carotene)	10,000 IU 200%	Flax ( <i>Linum usitatissimum</i> ) (seed)	50 mg **
Vitamin C (as Ascorbic Acid)	500 mg 833%	Saw Palmetto ( <i>Serenoa repens</i> ) (fruit)	50 mg **
Vitamin D (as Cholecalciferol)	400 IU 100%	N-Acetyl L-Carnitine Hydrochloride	50 mg **
Vitamin E (as d-Alpha Tocopheryl Acetate)	400 IU 1,333%	Pumpkin ( <i>Cucurbita pepo</i> ) (seed)	30 mg **
Vitamin K (as Phytonadione)	75 mcg 94%	Citrus Bioflavonoids ( <i>Citrus spp.</i> ) (fruit)	25 mg **
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	75 mg 5,000%	Pygeum ( <i>Pygeum africanum</i> ) (bark)	25 mg **
Riboflavin (Vitamin B-2)	75 mg 4,412%	Glucosamine Hydrochloride	25 mg **
Niacin (as Niacinamide)	75 mg 375%	Grape Seed Extract ( <i>Vitis vinifera</i> )	25 mg **
Vitamin B-6 (as Pyridoxine Hydrochloride)	75 mg 3,750%	Bilberry ( <i>Vaccinium myrtillus</i> ) (fruit)	25 mg **
Folic Acid	400 mcg 100%	Choline (as Choline Bitartrate)	10 mg **
Vitamin B-12 (as Cyanocobalamin)	75 mcg 1,250%	Inositol	10 mg **
Biotin (as d-Biotin)	1,000 mcg 333%	DL-Methionine	10 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	75 mg 750%	Oyster Extract	10 mg **
Calcium (as Calcium Carbonate, Dicalcium Phosphate and Calcium Citrate)	200 mg 20%	PABA (Para-Aminobenzoic Acid)	10 mg **
Iodine (as Potassium Iodide)	150 mcg 100%	Coenzyme Q-10	10 mg **
Magnesium (as Magnesium Oxide)	100 mg 25%	Green Tea Extract ( <i>Camellia sinensis</i> ) (leaf)	10 mg **
Zinc (as Zinc Oxide)	15 mg 100%	Silica (as Silicon Dioxide)	10 mg **
Selenium (as Sodium Selenate)	200 mcg 286%	Cayenne ( <i>Capsicum annuum</i> ) (fruit)	6 mg **
Copper (as Cupric Oxide)	2 mg 100%	Alfalfa ( <i>Medicago sativa</i> ) (leaf)	5 mg **
Manganese (as Manganese Gluconate)	2 mg 100%	Lutein	2 mg **
Chromium (as Chromium Picolinate)	200 mcg 167%	Pycnogenol®	2 mg **
Molybdenum (as Molybdenum Chelate)	75 mcg 100%	( <i>Pinus pinaster</i> ) (Maritime Pine Bark Extract)	
Potassium (as Potassium Chloride)	30 mg 1%	Lycopene	1 mg **
Alpha Lipoic Acid	100 mg **	Zeaxanthin	100 mcg **
Garlic ( <i>Allium sativum</i> ) (bulb)	50 mg **	Super Oxide Dismutase	10 mcg **

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Hypromellose, Vegetable Cellulose, Calcium Silicate, Vegetable Magnesium Stearate. Contains soy, fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) and shellfish (shrimp, crab, lobster, crayfish) ingredients.

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