

NEW
Improved Formula



Ultimate Man[®] 50+

high potency
multivitamin • multimineral

cardiovascular[✓]

energy production[✓]

immune[✓]

antioxidant[✓]

90 Tablets • Dietary Supplement

actual size

gluten free

dairy free

soy free

nut free

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A	1500 mcg RAE (5000 IU)	170%
(as 50% retinyl palmitate and 50% beta carotene)		
Vitamin C	200 mg	220%
(as Active C [®] (as Tri-Scorb [™] Proprietary Blend (as calcium ascorbate, magnesium ascorbate, zinc ascorbate)) and ascorbic acid)		
Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopherol succinate)	25 mg (30 IU)	170%
Vitamin K (Vitamin K2) (as menaquinone-7)	45 mcg	40%
Thiamine (Vitamin B1)(as thiamine mononitrate)	20 mg	1670%
Riboflavin (Vitamin B2)	20 mg	1540%
Niacin (as niacinamide)	30 mg NE	190%
Vitamin B6 (as pyridoxine HCl)	25 mg	1470%
Folate	1333 mcg DFE (800 mcg folic acid)	330%
Vitamin B12 (as methylcobalamin)	25 mcg	1040%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	400%

	Amount Per Serving	% Daily Value
Choline (as choline bitartrate)	200 mg	35%
Calcium (as calcium carbonate, dicalcium phosphate and Active C [®])	300 mg	25%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C [®])	150 mg	35%
Zinc (as zinc citrate and Active C [®])	30 mg	270%
Selenium (as L-selenomethionine)	100 mcg	180%
Copper (as copper glycinate)	2 mg	220%
Manganese (as manganese bisglycinate chelate)	2 mg	90%
Chromium (as chromium nicotinate glycinate chelate)	120 mcg	340%
Molybdenum (as molybdenum glycinate)	75 mcg	170%
Saw Palmetto Extract (Serenoa repens)(fruit) std. to 45% Fatty Acids (90 mg)	200 mg	*
Ginkgo Biloba Extract (leaf) std. to 24% flavoneglycosides (28.8 mg)	120 mg	*
Alpha Lipoic Acid	50 mg	*
Inositol	25 mg	*
Co-Enzyme Q-10	20 mg	*

	Amount Per Serving	% Daily Value
Boron (as boron glycinate)	3 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
* Daily Value not established.		

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, aqueous coating.

Does not contain: Gluten, Salt, Artificial Colors or Flavors.

DIRECTIONS: Take three (3) tablets daily, preferably with meals.

✓ 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 outer seal is broken or missing.

Distributed by:
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Visit www.vitaminshoppe.com
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