

NEW
Improved Formula



Ultimate Man[®] Gold

a highly bioavailable
multivitamin • multimineral

cardiovascular [†]	energy production [†]
immune [†]	antioxidant [†] digestion [†]

90 Tablets • Dietary Supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as 50% beta carotene and 50% retinyl palmitate)	1500 mcg RAE (5000 IU)	170%
Vitamin C (from calcium ascorbate, magnesium ascorbate and zinc ascorbate)	163 mg	180%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopherol succinate)	25 mg (30 IU)	170%
Vitamin K (as menaquinone-7)	45 mcg	40%
Thiamine (Vitamin B1)(as thiamine mononitrate)	80 mg	6670%
Riboflavin (Vitamin B2)	80 mg	6150%
Niacin (as niacinamide)	80 mg NE	500%
Vitamin B6 (from pyridoxine HCl)	50 mg	2940%
Folate	1333 mcg DFE (800 mcg folic acid)	330%
Vitamin B12 (as methylcobalamin)	500 mcg	20830%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Choline (from choline bitartrate)	25 mg	5%
Calcium (as dicalcium phosphate, calcium ascorbate and calcium citrate)	512 mg	40%
Iodine (from potassium iodide)	150 mcg	100%

	Amount Per Serving	% Daily Value
Magnesium (from magnesium oxide, magnesium ascorbate and magnesium citrate)	200 mg	50%
Zinc (from zinc ascorbate and zinc citrate)	25 mg	230%
Selenium (from L-selenomethionine)	200 mcg	360%
Copper (from copper glycinate)	2 mg	220%
Manganese (from manganese citrate)	2 mg	90%
Chromium (as chromium nicotinate glycinate chelate)	200 mcg	570%
Molybdenum (from molybdenum bisglycinate chelate)	75 mcg	170%
Potassium (from potassium citrate)	99 mg	2%
Men's Health Blend	550 mg	*
Beta Sitosterol Complex 300 mg, Pomegranate Extract (<i>Punica granatum</i>)(hull/skin) 100 mg, Saw Palmetto (<i>Serenoa repens</i>)(berry) 100 mg, Maca Extract (<i>Lepidium meyenii</i>)(root) 50 mg		
Antioxidant Health Blend/Energy Blend	450 mg	*
Trans-Resveratrol (<i>Polygonum cuspidatum</i>)(root) 100 mg, std. to 50% trans-resveratrol (50 mg) Alpha Lipoic Acid 100 mg, Green Tea Extract (<i>Camellia sinensis</i>)(leaf) 100 mg, std. to 95% Polyphenols (95 mg), std. to 45% EGCG (45 mg), Rhodiola Rosea Extract (<i>Rhodiola rosea</i>)(root) 100 mg, std. to 3% Rosavins (3 mg), Co-Enzyme Q-10 (Ubidecarenone) 50 mg		

	Amount Per Serving	% Daily Value
Eye Health Blend	5 mg	*
Lutein 3 mg, Lycopene 1 mg, Zeaxanthin 1 mg		
Digestive Blend	200 mg	*
(<i>Bacillus coagulans</i>) (15 billion cfu/g) 100 mg, Bromelain (2400 GDU/g)(from pineapple) 50 mg, Ginger Extract (<i>Zingiber officinale</i>)(root) 25 mg, std. to 5% Gingerols (1.25 mg), Papain (2000 USP units/mg) 25 mg		
Vanadium (from vanadyl sulfate)	1 mg	*
Inositol	25 mg	*
PABA (para-aminobenzoic acid) 25 mg		*
Black Pepper Concentrate	5 mg	*
Boron	3 mg	*
(as boron amino acid complex)		

* Daily Value not established.

Other ingredients: Croscarmellose sodium, microcrystalline cellulose, stearic acid (vegetable source), aqueous coating, silicon dioxide, magnesium stearate (vegetable source), natural vanilla flavor, modified cellulose.

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

† 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.

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.

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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