

Directions: Take one packet 1-2 times per day or as directed by your healthcare practitioner.

Foundation Essentials™ for Men is a powerful combination of three foundation nutritional formulas provided in convenient daily dose packets. This formula does not contain iron or copper, making it the perfect foundation nutrition supplement for men.*

Each Packet Contains:

2 MultiMedica™ for Men – provides high quality comprehensive vitamins, minerals, amino acids and herbals specifically designed to address the unique nutrient needs for male adolescents, adults and seniors.* This multivitamin features patented Albion® TRAACS® amino acid chelates for optimal mineral absorption.*

1 Omega 600™ – provides 600 mg of ultra-pure, molecularly distilled, omega 3 fatty acids sourced from fish caught in cold, deep sea waters.

1 CoQ-Clear® 100 – a patent pending, crystal-free CoQ10 that offers the highest absorption and bioavailability.* CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way. Coenzyme Q10 is a powerful antioxidant and a vital part of a high quality foundation nutrition regimen.*

60 packets
DIETARY SUPPLEMENT



Foundation Essentials™ for Men



Supplement Facts

Serving Size 1 Packet
Servings Per Container 60

2 MultiMedica™ for Men capsules		1 Omega 600™ softgel		1 CoQ-Clear® 100 softgel	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories		10			
Calories from Fat		10			
Total Fat		1 g	2%†		
Vitamin A (75% [3,750 IU] natural mixed carotenoids, 25% [1,250 IU] retinyl palmitate)	5,000 IU 100%				
Vitamin C (as magnesium ascorbate, zinc ascorbate, potassium ascorbate, calcium ascorbate)	125 mg 208%				
Vitamin D3 (as cholecalciferol)	200 IU 50%				
Vitamin E (as d-alpha tocopherol succinate)	50 IU 166%			30 IU	100%
Thiamin (as thiamin mononitrate)	10 mg 666%				
Riboflavin (as riboflavin-5'-phosphate, riboflavin)	10 mg 588%				
Niacin (as niacin and niacinamide)	30 mg 150%				
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg 500%				
Folate (as folic acid)	400 mcg 100%				
Vitamin B12 (as methylcobalamin)	300 mcg 5,000%				
Biotin	500 mcg 166%				
Pantothenic Acid (as d-calcium pantothenate)	100 mg 1,000%				
Calcium (as calcium bisglycinate chelate, di-calcium malate, calcium ascorbate)†	50 mg 5%				
Phosphorus (as pyridoxal-5'-phosphate and riboflavin-5'-phosphate)	2 mg <1%				
Iodine (as potassium iodide)	50 mcg 33%				
Magnesium (as magnesium bisglycinate chelate buffered, 100 mg di-magnesium malate, magnesium ascorbate)†	100 mg 25%				
Zinc (as zinc bisglycinate chelate, zinc ascorbate)†	7 mg 46%				
Selenium (as selenium chelate)	50 mcg 71%				
Manganese (as manganese bisglycinate chelate)†	250 mcg 12%				
Chromium (as chromium nicotinate glycinate chelate)†	250 mcg 208%				
Molybdenum (as molybdenum glycinate chelate)†	25 mcg 33%				
Potassium (as potassium citrate, potassium ascorbate)	49 mg 1%				
<i>Pumpkin (Cucurbita pepo) (seed) extract</i> **					
<i>Saw Palmetto (Serenoa repens) (berry) extract</i>	25 mg				
<i>N-Acetyl L-Carnitine hydrochloride</i>	25 mg				
<i>N-Acetyl L-Cysteine (NAC)</i>	25 mg				
<i>Choline (as choline bitartrate)</i>	20 mg				
<i>Inositol</i>	20 mg				
<i>Glycine</i>	15 mg				
<i>L-Taurine</i>	15 mg				
<i>Tribulus (Tribulus terrestris) (fruit) extract</i>	15 mg				
<i>L-Glutamic Acid</i>	12.5 mg				
<i>L-Alanine</i>	12.5 mg				
<i>Asian Ginseng (Panax ginseng) (root)</i>	12.5 mg				
<i>L-Lysine hydrochloride</i>	10 mg				
<i>Para-aminobenzoic acid (PABA)</i>	10 mg				
<i>Rutin</i>	8 mg				
<i>Hesperidin</i>	8 mg				
<i>Quercetin</i>	6 mg				
<i>R-Alpha Lipoic Acid</i>	5 mg				
<i>Lutein</i>	37.5 mcg				
<i>Natural Marine Lipid Concentrate</i>	1 g		**		
<i>EPA (eicosapentaenoic acid)</i>	360 mg		**		
<i>DHA (docosahexaenoic acid)</i>	240 mg		**		
<i>CoQ10 (ubiquinone)</i>				100 mg	**
<i>Mixed Tocopherols</i>				15 mg	**

†Percent Daily Values based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients in MultiMedica™ for Men: Hydroxypropyl methylcellulose (vegetable capsule), magnesium oxide (buffering agent), magnesium stearate (vegetable), silica.

Other Ingredients in Omega 600™: Gelatin, glycerin, water, vitamin E (as natural d-alpha tocopherol).

Contains: Fish (anchovy, mackerel and sardine), vitamin E from soy.

Other Ingredients in CoQ-Clear® 100: Natural food grade citrus oil (GRAS Certified), gelatin (bovine), glycerin, purified water, medium-chain triglycerides, natural softgel color (red radish powder, carob extract concentrate, caramel liquid).

Manufactured for: **NuMedica® LLC** | 9503 E. 55th Place | Tulsa, OK 74145 | 800.869.8100 | www.numedica.com

***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.

Caution: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and those who may become pregnant should not exceed 5,000 IU of pre-formed vitamin A (retinyl palmitate or retinyl acetate) per day. It is also recommended that children under four should not regularly consume more than 2,500 IU per day. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Does Not Contain: Milk, eggs, shellfish, tree nuts, peanuts, wheat, artificial colors.

This Formula Meets or Exceeds cGMP Quality Standards.

The packets in this container are labeled Foundation Nutrition for Men.

Albion®, **TRAACS®**, **DinaCa®** and the **Albion Gold Medalion** design are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

V19.0A-1000NN161



This product is not labeled for sale in the State of California.