

**TABLET SEEALED IN A COOL DRY AREA**

Commitment to Quality Program
 Sourced and manufactured to avoid:
 ✓ Artificial Additives ✓ Allergens ✓ GMOs
 ✓ Environmental Contaminants ✓ Added Excipients
 view PureEncapsulations.com/QualityControl
 *See Ingredients Panel for more information

Recommendations: As a dietary supplement, take 1 packet daily (3 capsules), with a meal.
Tamper Resistant: Use only if safety seal is intact.

Warning: Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other product.

Keep out of the reach of children.

OptimaMet® brand nano-bound chromium, U.S. Patents 4,923,893; 4,954,856; 5,194,615; ChromeMate® is a trademark of Chromagen, Inc.
 SelenaMax® high absorption yeast, SelenaMax® is a registered trademark of Nutrinix, Inc.
 FlaxGel® is a registered trademark of Kellan Industries, Inc.
 Zearalin® is sourced from OPTISAMP® brand, OPTISAMP® is a trademark of DSM Nutritional Products, Inc.
 Metabolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

manufactured and formulated by:
Pure Encapsulations, Inc.
 400 Boulder Park Rd., Salford, MA 01778, USA

code: MPP8
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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 (3 capsules)		
Men's Nutrients		
amount per serving % daily value		
Vitamin A (as beta carotene)	9,750 IU	75%
Vitamin C (as ascorbic acid)	125 mg	208%
Vitamin D (as cholecalciferol) (D ₃)	500 IU	125%
Vitamin E	50 IU	167%
Vitamin E (as alpha tocopherol succinate)		
Vitamin K (as vitamin K ₁)	50 mg	83%
Thiamin (as thiamin HCl (B ₁))	12.5 mg	833%
Riboflavin (vitamin B ₂)	5.5 mg	228%
Niacin (as niacin and 67% niacinamide)	375 mg	188%
Vitamin B ₆ (as pyridoxine HCl)	6.25 mg	313%
Folate (as Methylcobalamin)	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	4,167%
Biotin	400 mcg	133%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	250%
Calcium (as calcium citrate)	100 mg	10%
Iodine (as potassium iodide)	150 mcg	27%
Magnesium (as magnesium citrate)	100 mg	25%
Zinc (as zinc citrate)	75 mg	50%
Selenium (from selenium yeast)	100 mcg	143%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium polynicotinate)	100 mcg	83%
Phosphorus (as potassium citrate)	80 mg	1%

Boron (as boron glycinate)	1 mg	*
Vanadium (as bisglycinate oxy vanadate)	60 mcg	*
Aluminum (as phosphate lactate) (B ₁)	6.25 mg	*
Protein E phosphate lactate (B ₁)	6.25 mg	*
Mixed carotenoids (as lutein, zeaxanthin, lycopodium)	212 mcg	*
Choline bitartrate	60 mg	*
Inositol	62.5 mg	*
Alpha lipoic acid	375 mg	*
Mauritiusmyer Complex		
Lactin	2 mg	*
Zeaxanthin	500 mcg	*
ProtaProtect Plus		
Saw palmetto (Serenoa repens) extract (fruit)	160 mg	*
Standardized to contain 85% total flavonoids		
Pycnogenol (Pinus maritima) extract (bark)	25 mg	*
Standardized to contain 65% total flavonoids and 27% procyanidins (BPC20)		
Lycopodium	500 mcg	*
Green tea (Camellia sinensis) extract (leaf)	25 mg	*
Standardized to contain 65% total flavonoids and 27% procyanidins (BPC20)		
CardiPacel Complex		
Red wine grape (Vitis vinifera) extract (fruit)	50 mg	*
Standardized to contain 25% total polyphenols		
Green tea (Camellia sinensis) extract (leaf)	25 mg	*
Standardized to contain 65% total flavonoids and 27% procyanidins (BPC20)		
Extract (whole fruit)	25 mg	*
Standardized to contain 65% polyphenols		
EnduroBoost Blend		
Maca (Lepidium meyenii) extract (tuber)	100 mg	*

Cordyceps (Cordyceps sinensis) powder (immature/sterilized) (fruit)	50 mg	*
Other ingredients: distilled water, organic origin rice, vegetable capsules (cellulose, water)		
EPA/DHA essentials		
serving size: 1 softgel capsule	amount per serving % daily value	
Calcium	10	
- Calcium from fat	10	
Total fat	1 g	2%**
Cholesterol	< 5 mg	< 2%**
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg	*
EPA (eicosapentaenoic acid)	300 mg	*
DHA (docosahexaenoic acid)	220 mg	*
Other ingredients: natural flavors, gelatin capsule (vegetable glycerin, water)		
Saw Palmetto Plus		
serving size: 1 softgel capsule	amount per serving % daily value	
Calcium	10	
- Calcium from fat	10	
Total fat	1 g	2%**
Vitamin E (as alpha tocopherol)	10 IU	33%
Saw palmetto (Serenoa repens) extract (fruit)	160 mg	*
Standardized to contain 85% total flavonoids		
Pycnogenol (Pinus maritima) extract (bark)	320 mg	*
Standardized to contain 65% total flavonoids and 27% procyanidins		
Pinus (Pinus maritima) extract (bark)	25 mg	*
Standardized to contain 65% polyphenols		
Nettle (Urtica dioica) extract (root)	200 mg	*
Other ingredients: gelatin capsule (gelatin, glycerin, water, cane)		



Men's Pure Pack

with Metafolin® L5-MTHF

dietary supplement
 30 PACKETS

Vitamin D, 1,000 IU		
serving size: 1 capsule	amount per serving % daily value	
Vitamin D (as cholecalciferol) (D ₃)	1,000 IU	250%
Other ingredients: hydro-alcoholic plant fiber (cellulose), vegetable capsules (cellulose, water)		
CoQ₁₀, 60 mg		
serving size: 1 capsule	amount per serving % daily value	
Coenzyme Q ₁₀	60 mg	*
Other ingredients: hydro-alcoholic plant fiber (cellulose), vegetable capsules (cellulose, water)		
Magnesium (citrate)		
serving size: 1 capsule	amount per serving % daily value	
Magnesium (as magnesium citrate)	100 mg	25%
Other ingredients: distilled water, vegetable capsules (cellulose, water)		
CoQ₁₀, 60 mg		
serving size: 1 capsule	amount per serving % daily value	
Coenzyme Q ₁₀	60 mg	*
Other ingredients: hydro-alcoholic plant fiber (cellulose), vegetable capsules (cellulose, water)		
CoQ₁₀, 60 mg		
serving size: 1 capsule	amount per serving % daily value	
Coenzyme Q ₁₀	60 mg	*
Other ingredients: hydro-alcoholic plant fiber (cellulose), vegetable capsules (cellulose, water)		
CoQ₁₀, 60 mg		
serving size: 1 capsule	amount per serving % daily value	
Coenzyme Q ₁₀	60 mg	*
Other ingredients: hydro-alcoholic plant fiber (cellulose), vegetable capsules (cellulose, water)		

*Daily values based on a 2,000 calorie diet. Your values may be higher or lower depending on your calorie intake.

*Contains fish

