

PRODUCT INFORMATION:

Three capsules typically provide:

%NRV\*

Vitamin A (5555iu)

1667µg RE

208

Vitamin D (60iu)

1.5µg

30

Vitamin E (7.5iu)

5mg α-TE

42

Vitamin K1

30µg

40

Vitamin C

247mg

309

Thiamin (vitamin B1)

3mg

273

Riboflavin (vitamin B2)

3mg

214

Niacin (vitamin B3)

18mg NE

113

Vitamin B6

2.5mg

179

Folic acid

100µg

50

Vitamin B12

1µg

40

Biotin

50µg

100

Pantothenic acid (vitamin B5)

10mg

165

Calcium

120mg

15

Magnesium

37.7mg

10

Iron

2mg

14

Zinc

12mg

120

Copper

1000µg

100

Manganese

1mg

50

Selenium

75µg

136

Chromium GTF

30µg

75

%NRV\*

Molybdenum

20µg

40

Iodine

50µg

33

Boron

0.75mg

Silicon

32.8mg

Kelp

100mg

Carnitine

25mg

Co-enzyme Q-10

2.7mg

SuperPotency Soyagen

10mg

α-lipoic acid

5mg

Bromelain

20mg

Horsetail extract

10.7mg

Artichoke

10mg

Fenugreek

15mg

Garlic

15mg

Broccoli

5mg

Parsley

30mg

Capsicum

3mg

Ginger

10mg

Bacillus coagulans

50.4 million

Citrus bioflavonoids

8mg

\*NRV = Nutrient Reference Value

STORAGE:

Store in a cool, dry place out of reach of children.

FREE FROM:

Artificial colours, flavourings or preservatives, dairy products, lactose.

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

ALL MAN

Complete multnutrient for men

41 essential nutrients

90 capsules vegetarian and vegan

FERMENTED NUTRITION

TRUE FOOD®

WHOLEFOOD GOODNESS

ALL MAN

FOOD SUPPLEMENT - 90 CAPSULES

DIRECTIONS:

Take 3 capsules a day with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

INGREDIENTS:

Proprietary mixture: zinc sulphate, magnesium chloride, copper sulphate, vitamin C, boric acid, vitamin B3, ferrous fumarate, vitamin B5, vitamin B2, d-alpha tocopherol (**wheat**), citrus bioflavonoids, manganese chloride, chromium chloride, vitamin B6, vitamin B1, fermented **soya**, sodium molybdate, vitamin B9, biotin, phytonadione, vitamin B12, vitamin D2 with enzyme digested S.cerevisiae (with **soya**); selenium, co-enzyme Q10, beta carotene enriched, enzyme digested S.cerevisiae; lithothamnion calcarea, capsule: hydroxypropyl methylcellulose; magnesium ascorbate, kelp†, silicon dioxide, anti-caking agent: magnesium stearate; carnitine, parsley, bromelain, vitamin A acetate (antioxidant: dl-alpha tocopherol); fenugreek seed, garlic, horsetail extract, artichoke, ginger, α-lipoic acid, broccoli extract, bacillus coagulans, capsicum fruit. (Allergens in **bold**)

†May not be suitable for people with a fish or crustacean allergy.

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