

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Gelatin, Natural Palm Leaf Glaze, Vanillin, Vegetable Magnesium Stearate. Contains milk ingredients. Contains bioengineered food ingredients.

DIRECTIONS: For adult men, take two (2) caplets daily, preferably with a meal.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

No Artificial Color, No Sugar, No Gluten, No Wheat, No Yeast, No Fish.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. If any adverse reactions occur, stop use and consult your doctor. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



TO REORDER ITEM # 3895
www.puritan.com
1-800-645-1030

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PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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ULTRA VITA MAN™

DAILY MULTI

Premium Performance Formula
For Men

HIGH POTENCY TIMED RELEASE

180 COATED
CAPLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 90

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Acetate and Beta-Carotene)	1,500 mcg 167%	Chloride (as Potassium Chloride)	27 mg 1%
Vitamin C (as Ascorbic Acid)	300 mg 333%	Potassium (as Potassium Chloride)	10 mg <1%
Vitamin D (as D3, Cholecalciferol)	50 mcg (2,000 IU) 250%	Alpha Lipoic Acid	10 mg *
Vitamin E (as dl-Alpha Tocopheryl Acetate)	20 mg 133%	Inositol	10 mg *
Vitamin K (as Phytonadione)	75 mcg 63%	Boron (as Boric Acid)	2 mg *
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 4,167%	Vanadium (as Sodium Metavanadate)	10 mcg *
Riboflavin (Vitamin B-2)	50 mg 3,846%	Ultra Man Amino Blend	150 mg *
Niacin (as Niacinamide)	50 mg 313%	(L-Taurine, L-Glutamine, L-Arginine, L-Valine, L-Cysteine, L-Leucine, N-Acetyl L-Carnitine Hydrochloride, L-Isoleucine, L-Carnitine, L-Methionine)	
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,941%	Ultra Man Bio-Active Blend	120 mg *
Folate	666 mcg DFE 167%	(Pumpkin Seed (<i>Cucurbita pepo</i>), Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit), Lycopene)	
	(400 mcg folic acid)	Antioxidant Blend	120 mg *
Vitamin B-12 (as Cyanocobalamin)	100 mcg 4,167%	(Citrus Bioflavonoid Complex (<i>Citrus limon</i>) (peel), Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit), Elderberry (<i>Sambucus nigra</i>) (fruit), Black Currant (<i>Ribes nigrum</i>) (fruit), Grape Seed Extract (<i>Vitis vinifera</i>), Brussels Sprout Extract, Kale Extract, Cauliflower Extract, Celery Seed Extract (<i>Apium graveolens</i>), Carrot Extract, Broccoli Extract, Cabbage Extract, Resveratrol from (<i>Polygonum cuspidatum</i>) (root), Lutein, Coenzyme Q-10)	
Biotin	1,000 mcg 3,333%		
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1,000%		
Choline (as Choline Bitartrate)	10 mg 2%		
Calcium	100 mg 8%		
(as Calcium Carbonate, Dicalcium Phosphate, Calcium Citrate, Calcium Silicate and d-Calcium Pantothenate)			
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	50 mg 12%		
Zinc (as Zinc Oxide)	15 mg 136%		
Selenium (as Sodium Selenate)	200 mcg 364%		
Copper (as Cupric Oxide)	2 mg 222%		
Manganese (as Manganese Gluconate)	2 mg 87%		
Chromium (as Chromium Picolinate)	200 mcg 571%		
Molybdenum (as Sodium Molybdate)	72 mcg 160%		

*Daily Value not established