

ULTRA MAN™

BALANCED NUTRITIONAL SYSTEM

TO REORDER ITEM # 18121

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	15
Total Fat	1.5 g 2%*
Polyunsaturated Fat	1.5 g ***
Cholesterol	5 mg 2%
Vitamin A (as Retinyl Acetate and Beta-Carotene)	1,500 mcg 167%
Vitamin C (as Ascorbic Acid)	300 mg 333%
Vitamin D (as D3, Cholecalciferol)	100 mcg (4,000 IU) 500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20 mg 133%
Vitamin K (as Phytonadione)	75 mcg 63%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 4,167%
Riboflavin (Vitamin B-2)	50 mg 3,846%
Niacin (as Niacinamide)	50 mg 313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,941%
Folate	666 mcg DFE 167% (400 mcg folic acid)
Vitamin B-12 (as Cyanocobalamin)	100mcg 4,167%
Biotin	1,000 mcg 3,333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1,000%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium Citrate, Calcium Silicate and d-Calcium Pantothenate)	100 mg 8%
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%

Amount Per Serving	%Daily Value
Chloride (as Potassium Chloride)	27 mg 1%
Potassium (as Potassium Chloride)	30 mg <1%
Alpha Lipoic Acid	10 mg ***
Inositol	10 mg ***
Boron (as Boric Acid)	2 mg ***
Vanadium (as Sodium Metavanadate)	10 mcg ***
Proprietary Amino Acid Blend (L-Arginine, Taurine, L-Glutamine, L-Valine, L-Cysteine, L-Leucine, N-Acetyl Carnitine Hydrochloride, L-Isoleucine, L-Carnitine, L-Methionine)	650 mg ***
Men's Bio-Active Blend (Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit), Pumpkin Seed Extract (<i>Cucurbita pepo</i>), Lycopene)	440 mg ***
Antioxidant Cardio Blend (Coenzyme Q-10, 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> Extract (root), Lutein)	170 mg ***
Fish Oil	1,360 mg (1.3 g) ***

Typical Fatty Acid Profile:
provides 950 mg of Total Omega-3 Fatty Acids† comprising of: ***
EPA (Eicosapentaenoic Acid) 625 mg ***
DHA (Docosahexaenoic Acid) 244 mg ***
Other Fatty Acids

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Part No. 22-18123

DAILY MULTI-PACKS

Other Ingredients: Gelatin, Vegetable Glycerin, Vegetable Cellulose, Soybean Oil, Rice Bran Oil, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Glycine, Mixed Natural Tocopherols, Soy Lecithin, Corn Oil, Silica, Titanium Dioxide Color, Vanillin, Natural Palm Leaf Glaze.

Contains milk, fish (anchovy, herring, mackerel, sardine) and soy ingredients.

†As Ethyl Esters

DIRECTIONS: For adult men, take one (1) packet daily, preferably with a meal.

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 outer wrap is missing or torn.

*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.

B55382 (67217, 19939, 2386, 16105, 291, 90)

TO REORDER ITEM # 18121
www.puritan.com
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PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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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.

Ultra Man™ Daily Multi-Packs is a special combination of vitamins, minerals and herbs designed to help men meet some of their most important daily nutrient requirements.

ULTRA MAN™

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DAILY MULTI-PACKS

PREMIUM PERFORMANCE HEALTHY LIFESTYLE PROGRAM FOR MEN

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30 DAY SUPPLY PACKETS

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Puritan's Pride

ULTRA MAN™

BALANCED NUTRITIONAL SYSTEM

DAILY MULTI-PACKS

PREMIUM PERFORMANCE HEALTHY LIFESTYLE PROGRAM FOR MEN

100 mcg (4000 IU) of Vitamin D per pack

• Energy Metabolism*

• Reproductive Health*

• Supports Busy Lifestyles

• Prostate Health*

• Antioxidant Vitamins C & E

• Eye Health*

• Heart & Circulatory Health*

30 DAY SUPPLY PACKETS

DIETARY SUPPLEMENT

Multivitamin & Mineral Supplement

Ultra Man™ Daily Multi-Packs is a multiple vitamin and mineral supplement with over 20 nutrients and a proprietary Amino Acid blend. Formulated with high potency vitamins to support bone density, immune system health, nervous system health and more.*

Reproductive Health

Ultra Man™ Daily Multi-Packs feature the essential mineral Zinc, which is an important nutrient for men as it plays a key role in sexual and reproductive health.* Zinc is important for the production of the male hormone, testosterone.*

Energy Metabolism

The B Vitamin Complex is made up of several essential vitamins that work together to support energy metabolism, nervous system health and overall well-being.* Taken every day, our high-potency complex provides nourishment for your busy lifestyles.

Antioxidant & Eye Health

Vitamins C and E function as antioxidants that can help fight free radicals.* Free radicals can cause oxidative stress which may damage cells.* Vitamin A from Beta-Carotene provides additional antioxidant support while also helping to maintain the health of eyes.*

Heart & Circulatory Health

Omega-3 fatty acids are considered "good" fats. Omega-3 fatty acids are some of the most important fatty acids needed for cellular, heart and metabolic health.* Ultra Man™ Daily Multi-Packs contains the omega-3 fatty acids, EPA and DHA, plus Vitamin E—an essential nutrient for many cells, including heart muscle cells.*

Prostate Health Support

Saw Palmetto extract, derived from the berry of the Saw Palmetto tree, is one of the leading herbs for men's health.* Saw Palmetto contains phytochemicals, which support prostate and urinary health in men.*