

Formulated by World Renowned
Experts in Reproductive Endocrinology,
Urology and Nutrition.

Contains essential vitamins, minerals, organics
and antioxidants shown in the latest research studies to
improve sperm production and motility, which
may lead to improved male fertility.

These statements have not been evaluated by the
U.S. Food and Drug Administration. This product is not
intended to diagnose, treat, cure or prevent any disease.



WARNING: Not for use by humans under 18
years old. Do not use if safety seal is broken.

ESSENTIAL BEGINNINGS
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ESSENTIAL BEGINNINGS™

PHYSICIANS' FORMULA



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PRE-CONCEPTION
FOR HIM
DIETARY SUPPLEMENT
180 tablets

SUGGESTED USE: Take three tablets two times
daily for at least 90 days prior to conception.

Supplement Facts		
Serving Size: 6 tablets Servings Per Container: 30	Amt. per Serv.	% Daily Value
Vitamin A (from Natural Beta Carotene and Acetate)	5000 IU	100.00
Vitamin C (from Calcium Ascorbate)	500 mg	833.33
Vitamin B1 (from Thiamine HCl)	4 mg	266.67
Vitamin B2 (from Riboflavin 5' Phosphate)	5 mg	294.12
Vitamin B3 (Niacinamide)	30 mg	150.00
Vitamin B6 (from Pyridoxal 5' Phosphate)	10 mg	500.00
Vitamin D3 (from Cholecalciferol)	1000 IU	250.00
Vitamin E (from d-alpha Tocopherol and Mixed Tocopherols)	400 IU	1333.33
Vitamin K1 (Phytonadione)	100 mcg	83.33
Folic Acid USP	800 mcg	200.00
Vitamin B12 (from Methylcobalamin)	1000 mcg	1666.67
Pantothenic Acid (from d-calcium pantothenate)	10 mg	100.00
Biotin USP	300 mcg	100.00
Calcium (from Calcium Citrate Malate)	200 mg	20.00
Iodine (from Potassium Iodide)	150 mcg	100.00
Magnesium (from Magnesium Citrate)	100 mg	25.00
Zinc (from Zinc Glycinate)	30 mg	200.00
Selenium (from L-Selenomethionine)	200 mcg	285.71
Copper (from Copper Glycinate)	2 mg	100.00
Manganese (from Manganese Glycinate)	2 mg	100.00
Chromium (from Inter Health Chromenolate® Chromium Polynicotinate)	100 mcg	83.33
Molybdenum (from Molybdenum Aspartate complex)	75 mcg	100.00
Choline (from Choline Bitartrate)	50 mg	9.09
L-Arginine	4 mg	*
L-Carnitine (from L-Carnitine L-Tartrate)	1000 mg	*
L-Cysteine	600 mg	*
L-Methionine	25 mg	*
Inositol	10 mg	*
CoEnzyme Q-10	60 mg	*
Polygonum Cuspidatum 20 % TRV	120 mg	*
Proprietary Maca Root Blend Maca Extract 4:1, Astragalus Powdered Extract, Lycopene	770.3 mg	*
*Daily Value not established.		

Other ingredients: Calcium Carbonate, Powdered Cellulose, Silicon Dioxide, Vegetable Stearic Acid, Croscarmellose Sodium, Vegetable Magnesium Stearate, Natural Citrus Oil, Hydroxypropyl Methylcellulose (HPMC), Titanium Dioxide, Natural Riboflavin (for color).

Directions: As a dietary supplement take six (6) tablets daily.
PATENT PENDING