



LifeEssenceTM

MEN

WHOLE FOOD BASED MULTIVITAMIN

OVER 21,700 MG WHOLE FOOD POWER
AMAZINGLY ENERGIZING*

120 TABLETS | 30 SERVINGS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (8000 IU)	4800 mcg	533%
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (1000 IU)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate) (200 IU)	166 mg	1107%
Vitamin K2 (as menaquinone-7) (VitaMK7®)	50 mcg	42%
Thiamine (Vitamin B1) (as thiamine mononitrate)	22.5 mg	1875%
Riboflavin (Vitamin B2)	25.5 mg	1962%
Niacin (as niacinamide, niacin)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	30 mg	1765%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate acid, glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	200 mcg	8333%
Biotin (as d-biotin)	1000 mcg	3333%
Pantothenic acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as Choline bitartrate)	100 mg	18%
Calcium (as Calcium citrate, pantothenate)	200 mg	16%
Iodine (from North Atlantic kelp)	152 mcg	101%
Magnesium (as Magnesium oxide, citrate)	200 mg	47%
Zinc (as Zinc lactate)	20 mg	182%
Selenium (as Selenium l-methyl selenocysteine)	150 mcg	273%
Copper (as Copper sebacate)	1.5 mg	167%
Manganese (as Manganese citrate)	2 mg	87%
Chromium (as Chromium polynicotinate)	150 mcg	429%
Molybdenum (as Molybdenum glycinate)	50 mcg	111%
Potassium (as Potassium citrate)	30 mg	<2%

SuperFood Complex 1.238 g *

Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf)

	Amount Per Serving	%DV
Herbal Extracts 600 mg *		
Atractylodes extract (root), Codonopsis extract (root), Cordyceps extract (mycelia), Eleuthero extract (root), Epimedium sagittatum extract (aerial), Green tea extract (leaf), Red sage extract (root), White peony extract (root), Aged tangerine extract (peel), Organic Goji berry		
Male Support Factors 305 mg *		
Phytosterol complex (minimum 45% B-Sitosterol), Ginger extract (root), Maca extract (root), Tribulus terrestris (fruit)		
Bioflavonoids 150 mg *		
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)		
Organic Vegetable Extracts 150 mg *		
Organic Broccoli extract (whole head), Organic Kale extract (leaf), Organic Parsley extract (leaf)		
Antioxidants 125 mg *		
L-Cysteine, MSM, Alpha lipoic acid		
Fruit Extracts 100 mg *		
Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend		
Co-Nutrients 75.3 mg *		
Mixed tocopherol complex, Inositol, Octacosanol		
Minerals 52 mg *		
Ionic Sea Minerals, Bamboo extract (stem and leaf), Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)		
Digestive Aids/Enzymes 27 mg *		
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)		

*Daily Value (DV) not established.

Other Ingredients: cellulose, silicon dioxide, croscarmellose sodium, stearic acid, l-leucine

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Formulated & Distributed By:

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LifeEssence™ Men is a complete nutritional solution that delivers vitamins and minerals with exquisite blends of organic SuperFoods, adaptogens, Superior Herbs, fruits and vegetable extracts and a potent group of uniquely masculine nutrients. Its total whole food value is over 21,700 mg – up to 100 times more than other multivitamins! These whole foods add countless phytochemicals that result in an amazing energy boost.* They also support:

- ✓ Prostate Health*
- ✓ Immune Health*
- ✓ Vision Health*
- ✓ Cellular Health*
- ✓ Energy Production*

Suggested Use: Four tablets once daily. May be taken with a meal or on an empty stomach. May be taken in divided doses.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach.

Does NOT Contain: gluten, wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

* 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.



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EXPIRATION & LOT #