

FH PRO for Men offers a comprehensive multivitamin plus support for male fertility and sperm health with ingredients including L-Carnitine, Arginine, and an array of antioxidants.\*

**CAUTION:** Keep out of reach of children. For adults only. If you have a pre-existing medical condition, please consult a doctor before use. If tamper seal is broken or missing, do not use. In case of accidental overdose, call a poison control center immediately.

\* 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.

Distributed by Fairhaven Health, LLC  
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Made in the USA of imported and domestic ingredients  
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# FH PRO<sup>TM</sup>

## for men

- Provides complete multivitamin support plus ingredients targeted for male fertility and sperm health\*
- With L-Carnitine, Arginine, Zinc, CoQ10 and Lycopene



FAIRHAVEN HEALTH®

DIETARY SUPPLEMENT  
180 Capsules / One Month Supply

Recommended Use: As a dietary supplement, take 6 capsules daily.

## Supplement Facts

Serving Size: 6 capsules  
Servings Per Container: 30

|                                                                         | Amount Per Serving | % Daily Value |
|-------------------------------------------------------------------------|--------------------|---------------|
| Vitamin A (as beta-carotene)                                            | 1500mcg            | 170%          |
| Vitamin C (as ascorbic acid)                                            | 120mg              | 130%          |
| Vitamin D (as cholecalciferol)                                          | 30mcg (1200 IU)    | 150%          |
| Vitamin E (as d-alpha tocopheryl acid succinate and d-alpha-tocopherol) | 134mg              | 890%          |
| Vitamin K (as 50% phytonadione (K1) and 50% menaquinone-4 (K2))         | 80mcg              | 70%           |
| Thiamin (as thiamine HCl)                                               | 3mg                | 250%          |
| Riboflavin (as riboflavin 5-phosphate sodium)                           | 3.4mg              | 260%          |
| Niacin (as niacinamide)                                                 | 20mg               | 130%          |
| Vitamin B6 (as pyridoxal-5-phosphate)                                   | 25mg               | 1470%         |
| Folate (from L-5-Methyltetrahydrofolate, calcium)                       | 1360mcg DFE        | 340%          |
| Vitamin B12 (as methylcobalamin)                                        | 1000mcg            | 41670%        |
| Biotin (as d-biotin)                                                    | 600mcg             | 2000%         |
| Pantothenic Acid (as d-calcium pantothenate)                            | 20mg               | 400%          |
| Iodine (as potassium iodide)                                            | 150mcg             | 100%          |
| Zinc (as zinc citrate)                                                  | 30mg               | 270%          |
| Selenium (as L-selenomethionine)                                        | 140mcg             | 250%          |
| Copper (as copper sulfate)                                              | 1mg                | 110%          |
| Manganese (as manganese bisglycinate chelate)                           | 2mg                | 90%           |
| Chromium (as chromium picolinate)                                       | 120mcg             | 340%          |
| Molybdenum (as molybdenum glycinate chelate) 75 mcg                     | 75mcg              | 170%          |
| L-Carnitine L-Tartrate                                                  | 2000mg             | **            |
| L-Arginine HCl                                                          | 350mg              | **            |
| Coenzyme Q-10 (as ubiquinone)                                           | 200mg              | **            |
| N-Acetyl L-Cysteine                                                     | 200mg              | **            |
| Grape Seed Extract                                                      | 20mg               | **            |
| Lycopene                                                                | 10mg               | **            |
| Benfotiamine                                                            | 1mg                | **            |

\*\* Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose, magnesium stearate, and silicon dioxide.