

NUTRIENT OPTIMIZATION SYSTEM[▲]**OPTI-MEN[®]**

HIGH-POTENCY

75+ INGREDIENTS

150
TABLETS

DIETARY SUPPLEMENT

Supplement FactsServing Size 3 Tablets
Servings Per Container 50

Amount Per Serving		% Daily Value
Vitamin A (as beta carotene, natural mixed carotenoids)	10,000 IU	200%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D (as cholecalciferol)	1,500 IU	375%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	667%
Vitamin K (as phytonadione)	75 mcg	94%
Thiamin (as thiamin hydrochloride)	75 mg	5000%
Riboflavin	75 mg	4412%
Niacin (as niacinamide)	75 mg	375%
Vitamin B ₆ (as pyridoxine hydrochloride)	50 mg	2500%
Folic Acid	600 mcg	150%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	75 mg	750%
Calcium (as dicalcium phosphate dihydrate)	50 mg	5%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, aspartate)	80 mg	20%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as selenomethionine)	200 mcg	286%
Copper (as copper sulfate)	2 mg	100%
Manganese (as manganese sulfate)	2 mg	100%
Chromium (as chromium GTF)	120 mcg	100%
Molybdenum (as molybdenum A.A. chelate)	80 mcg	107%
Amino Men Blend	1 g	†
L-Arginine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Cystine, L-Lysine HCl, L-Threonine		
Phyto Men Blend	100 mg	†
Green Tea Powder (leaf), Hesperidin Complex (fruit), Deodorized Garlic Powder (bulb), Grape Seed Extract (standardized to 95% polyphenol) (seed), Fruit Blend [Orange Powder (fruit), Pineapple Powder (fruit), Apple Powder (fruit), Grape Powder (fruit), Blueberry Powder (fruit), Cranberry Powder (fruit), Papaya Powder (fruit), Elderberry Powder (fruit),		
Bilberry Powder (fruit), Black Currant Powder (fruit), Kiwi Powder (fruit), and Vegetable Blend [Wild Yam Powder (root), Carrot Powder (root), Spinach Powder (leaf), Cauliflower Powder (head), Kale Powder (leaf), Brussels Sprouts Powder (edible head), Broccoli Powder (whole plant)]		
Virt Men Blend	50 mg	†
Saw Palmetto Extract (berry), Damiana Extract (leaf), Panax Ginseng Extract (root), Ginkgo Biloba Powdered Extract (leaf), Nettles Powdered Extract (leaf), Pumpkin Extract (seed), Raw Oyster Concentrate		
Enzyme Blend	50 mg	†
Papain, Bromelain, Alpha Amylase, Lipase		
Alpha Lipoic Acid	25 mg	†
PABA (para-aminobenzoic acid)	10 mg	†
Choline (as choline bitartrate)	10 mg	†
Inositol	10 mg	†
Boron	2 mg	†
Lycopene (Lyc-O-Mator [®])	500 mcg	†
Lutein	500 mcg	†
Alpha Carotene	140 mcg	†
Vanadium	100 mcg	†
Cryptoxanthin	0.4 mcg	†
Zeaxanthin	28 mcg	†

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Crosscarmellose Sodium, Pharmaceutical Glaze No. 2, Magnesium Stearate, Silica.**WARNING: NOT FOR USE BY THOSE WITH PRE-EXISTING MEDICAL CONDITIONS, THOSE TAKING ANY MEDICATIONS OR THOSE UNDER THE AGE OF 18. STORE IN A COOL, DRY PLACE.**1 (800) 705-5226
TRUESTRENGTH.COM[▲] 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.LYC-O-MATOR[®] IS A TRADEMARK OF LYCORED
NATURAL PRODUCTS INDUSTRIES, LTD.**TRUE STRENGTH[™]**
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