

Prod. No. 15106
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PROD. NO. 15106

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Time Release ULTRA MAN™ 75

PREMIUM MULTI FOR MEN

CERTIFIED
100%
NATURAL **E**
d-ALPHA

Dietary Supplement
100 COATED TABLETS



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

Amount Per Serving	%Daily Value	
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin A (as Retinyl Acetate and Beta-Carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	500 mg	833%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	400 IU	1,333%
Vitamin K (as Phytonadione)	75 mcg	94%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	75 mg	5,000%
Riboflavin (Vitamin B-2)	75 mg	4,412%
Niacin (as Niacinamide)	75 mg	375%
Vitamin B-6 (as Pyridoxine Hydrochloride)	75 mg	3,750%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	75 mcg	1,250%
Biotin (as d-Biotin)	1,000 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	75 mg	750%
Calcium (as Calcium Carbonate and Calcium Citrate)	200 mg	20%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Sodium Selenate)	200 mcg	286%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromax® Chromium Picolinate)	200 mcg	167%
Molybdenum (as Molybdenum Chelate)	75 mcg	100%

Potassium (as Potassium Chloride)	30 mg	1%
Alpha Lipoic Acid	100 mg	**
Garlic (<i>Allium sativum</i>) (bulb)	50 mg	**
L-Arginine (as L-Arginine Hydrochloride)	50 mg	**
L-Cysteine (as L-Cysteine Hydrochloride)	50 mg	**
Flax (<i>Linum usitatissimum</i>) (seed)	50 mg	**
Saw Palmetto (<i>Serenoa repens</i>) (fruit)	50 mg	**
Acetyl L-Carnitine Hydrochloride	50 mg	**
Pumpkin (<i>Cucurbita pepo</i>) (seed)	30 mg	**
Citrus Bioflavonoids (<i>Citrus spp.</i>) (fruit)	25 mg	**
Pygeum (<i>Pygeum africanum</i>) (bark)	25 mg	**
Glucosamine Hydrochloride	25 mg	**
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	**
Bilberry (<i>Vaccinium myrtillus</i>) (fruit)	25 mg	**
Choline (as Choline Bitartrate)	10 mg	**
Inositol	10 mg	**
DL-Methionine	10 mg	**
Oyster Extract	10 mg	**
PABA (Para-Aminobenzoic Acid)	10 mg	**
Coenzyme Q-10	10 mg	**
Green Tea Extract (<i>Camellia sinensis</i>) (leaf)	10 mg	**
Silica (as Silicon Dioxide)	10 mg	**
Cayenne (<i>Capsicum frutescens</i>) (fruit)	6 mg	**
Alfalfa (<i>Medicago sativa</i>) (leaf)	5 mg	**
Lutein	2 mg	**
Pycnogenol® (<i>Pinus pinaster</i>) (Maritime Pine Bark Extract)	2 mg	**
Lycopene	1 mg	**
Zeaxanthin	100 mcg	**
Super Oxide Dismutase	10 mcg	**

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

Other Ingredients: Cellulose (Plant Origin), Cellulose Coating, Dicalcium Phosphate, Calcium Silicate, Vegetable Magnesium Stearate, Mannitol, Cornstarch, Glycerin, Maltodextrin, Sodium Citrate.

This product contains wheat, soy, fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) and shellfish (oyster, shrimp, crab, lobster, crayfish) ingredients.

DIRECTIONS: For adult men, take two (2) tablets daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

Coated for ease of swallowing.

WARNING: This product is intended for use by men and is not for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you have Wilson's disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

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KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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PURITAN'S PRIDE, INC.
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