Prod No. 51756

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	25	
Calories from Fat	20	
Total Fat	2 g	3%**
Cholesterol	5 mg	2%
Total Carbohydrate	<1 g	<1%**
Protein	<1 g	2%**
Vitamin A (as Retinyl Acetate and Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D (as D3 Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Vitamin K (as Phytonadione)	37.5 mcg	47%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate and Thiamin Hydrochloride)	30 mg	2,000%
Riboflavin (Vitamin B-2)	30 mg	1,765%
Niacin (as Niacinamide)	65 mg	325%
Vitamin B-6 (as Pyridoxine Hydrochloride)	26 mg	1,300%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	51 mcg	850%
Biotin (as d-Biotin)	500 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium Citrate, Calcium Silicate and d-Calcium Pantothenate)	50 mg	5%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Oxide)	7.5 mg	50%
Selenium (as Sodium Selenate)	100 mcg	143%
Copper (as Cupric Oxide)	1 mg	50%
Manganese (as Manganese Gluconate)	1 mg	50%
Chromium (as Chromium Picolinate)	100 mcg	83%
Molybdenum (as Sodium Molybdate)	36 mcg	48%
Chloride (as Potassium Chloride)	14 mg	<1%
Potassium (as Potassium Chloride)	15 mg	<1%

Amount Per Serving		%Daily Value
Dessicated Liver	100 mg	***
Brewer's Yeast	50 mg	***
Alpha Lipoic Acid	5 mg	***
Choline Bitartrate	32.5 mg	***
Inositol	15 mg	***
Boron (as Bororganic Glycine)	1 mg	***
Vanadium (as Sodium Metavanadate)	5 mcg	***
Fish Oil	1,400 mg (1.4g)	***
provides 980 mg of Total Omega-3 Fatty Acids† comprising of:		***
EPA (Eicosapentaenoic Acid)	647 mg	***
DHA (Docosahexaenoic Acid)	253 mg	***
Other Fatty Acids		***
Proprietary Amino Acid Blend (L-Taurine, L-Glutamine, L-Arginine, L-Valine, L-Cysteine, L-Leucine, N-Acetyl L-Carnitine Hydrochloride, L-Isoleucine, L-Carnitine, L-Methionine)	75 mg	***
Proprietary Men's Blend (Saw Palmetto Extract *(Serenoa repens)* (fruit), Pumpkin Seed *(Cucurbita pepo)*, Oyster Extract, Lycopene)	380 mg	***
Proprietary Herbal Blend (Coenzyme Q-10, Citrus Bioflavonoid Complex *(Citrus limon)* (fruit), Bilberry Extract *(Vaccinium myrtillus)* (fruit), Elderberry *(Sambucus nigra)* (fruit), Black Currant *(Ribes nigrum)* (fruit), Grape Seed Extract *(Vitis vinifera)*, Brussels Sprouts Extract, Kale Extract, Cauliflower Extract, Celery Seed Extract *(Apium graveolens)*, Carrot Extract, Broccoli Extract, Cabbage Extract, Resveratrol from *(Polygonum cuspidatum)* (root), Lutein)	160 mg	***

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

Other Ingredients: Gelatin, Vegetable Cellulose, Vegetable Glycerin, Rice Bran Oil, Soybean Oil, Vegetable Stearic Acid, Food Glaze, Vegetable Magnesium Stearate, Soy Lecithin, Silica, Mixed Natural Tocopherols, Coating (Sodium Alginate and Stearic Acid), Titanium Dioxide Color, Corn Oil, Polysorbate 80, Vanillin, Ethylcellulose, Natural Palm Leaf Glaze.

Contains soy, milk, wheat, fish (anchovy, mackerel, sardine) ingredients.

†As Ethyl Esters

DIRECTIONS: For adult men, take one (1) packet daily, preferably with a meal.

No Sugar.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer wrap is torn or missing.

*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.

Nutrition Questions or Comments?
Call 1-800-433-2990 Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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Part No. 22-51756

NATURE'S BOUNTY®

MEN'S MULTI PACK

ULTRA MAN™
Nutritional Support for the Active Man

Time Released Multivitamin
Triple Strength Fish Oil
Vitamin D3
B-Complex
Co Q-10
Saw Palmetto

NATURE'S BOUNTY®

MEN'S MULTI PACK

ULTRA MAN™
Nutritional Support for the Active Man

Supports Energy Metabolism*
Heart & Circulatory Health*
Sexual Health*

DIETARY SUPPLEMENT

30 PACKETS

Multivitamin & Mineral Supplement
Men's Multi Pack is a multiple vitamin and mineral supplement with a broad range of nutrients and a proprietary Amino Acid blend. Formulated with vitamins and minerals to support overall health and well-being.*

Vitamin D
Our formula includes 2000 IU of Vitamin D to provide additional support for strong bones and teeth, as well as a healthy immune system.* Supplementing with Men's Multi Pack is an easy and convenient way to increase your daily Vitamin D intake.

Sexual Health
Men's Multi Pack features the essential mineral Zinc, which is an important nutrient for men as it plays a key role in sexual and reproductive health, including production of the male hormone, testosterone.*

B-Complex
The B Vitamin Complex is made up of several essential nutrients that work together to support energy metabolism and nervous system health.* Taken every day, our high-potency B-complex provides nourishment for your busy lifestyles.

Antioxidant Health
Vitamins C and E are well known for their antioxidant benefits—helping to neutralize free radicals that can otherwise cause cellular damage.* The mineral Selenium plays a key role in the function of important antioxidant enzymes to provide additional antioxidant support.*

Cardiovascular Health
Omega fatty acids are important nutrients. Omega-3 fatty acids are considered "good" fats important for cardiovascular and metabolic health.* Men's Multi Pack contains Omega-3 fatty acids from fish oil plus Vitamin E to further support cardiovascular health.*

Prostate Health Support
Saw Palmetto extract, derived from the berry of the Saw Palmetto tree, is one of the leading herbs for men's health.* Saw Palmetto contains phytochemicals, which support prostate and urinary health in men.*