



MEN'S HAIR FORMULA

ULTRA MAN™
Support for Healthy Hair*

Mega Vitamins for
Comprehensive Support*

With High Potency Biotin,
Vitamin A & Vitamin C

DIETARY SUPPLEMENT

90 CAPLETS

Supplement Facts

Serving Size 3 Caplets

Servings Per Container 30

Amount Per Serving		%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as D3 Cholecalciferol)	100 IU	25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 IU	50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Biotin (as d-Biotin)	3,000 mcg (3mg)	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	733 mg	73%
Iron (as Ferrous Gluconate)	3 mg	17%
Phosphorus (as Dicalcium Phosphate)	150 mg	15%
Iodine (as Potassium Iodide)	112.5 mcg	75%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	12.5 mcg	18%
Manganese (as Manganese Gluconate)	5 mg	250%
Sodium	10 mg	<1%
PABA (Para-Aminobenzoic Acid)	25 mg	**
Choline Bitartrate	75 mg	**
Inositol	30 mg	**
Ribonucleic Acid (RNA)	30 mg	**
Citrus Bioflavonoids (<i>Citrus spp.</i>) (fruit)	25 mg	**
Rutin	12.5 mg	**
Horsetail (<i>Equisetum arvense</i>) (aerial)	3 mg	**
Betaine Hydrochloride	25 mg	**

** Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

DIRECTIONS: For adult men, take three (3) caplets daily, preferably with meals.

No Artificial Color or Flavor, No Preservatives, No Milk, No Lactose, No Gluten, No Wheat, No Fish.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or 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.

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

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