

PRODUCT INFORMATION:

Three capsules typically provide:			%NRV*		
Vitamin A (5555iu)	1667µg RE	208	Molybdenum	20µg	40
Vitamin D (60iu)	1.5µg	30	Iodine	50µg	33
Vitamin E (7.5iu)	5mg α-TE	42	Boron	0.75mg	
Vitamin K1	30µg	40	Silicon	32.8mg	
Vitamin C	247mg	309	Kelp	100mg	
Thiamin (vitamin B1)	3mg	273	Carnitine	25mg	
Riboflavin (vitamin B2)	3mg	214	Co-enzyme Q-10	2.7mg	
Niacin (vitamin B3)	18mg NE	113	Super potency soyagen	10mg	
Vitamin B6	2.5mg	179	α-lipoic acid	5mg	
Folic acid	100µg	50	Bromelain	20mg	
Vitamin B12	1µg	40	Horsetail extract	10.7mg	
Biotin	50µg	100	Artichoke	10mg	
Pantothenic acid (vitamin B5)	10mg	165	Fenugreek	15mg	
Calcium	120mg	15	Garlic	15mg	
Magnesium	36.3mg	10	Broccoli	5mg	
Iron	2mg	14	Parsley	30mg	
Zinc	12mg	120	Capsicum	3mg	
Copper	1000µg	100	Ginger	10mg	
Manganese	1mg	50	Bacillus coagulans**	3.4mg	
Selenium	75µg	136	Citrus bioflavonoids	8mg	
Chromium GTF	30µg	75			

*NRV= Nutrient Reference Value

**in the order of 50.4 million (50.4x10⁶) cfu

WARNING: If taking any medication or have a medical condition, please consult your healthcare professional before using this product.

STORAGE: Store in a cool, dry place out of reach of children.

No artificial colours, flavours or preservatives. No added sugar or salt.

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

ALL MAN

Complete
multinutrient
for men

41 nutrients

including live bacteria,
botanicals & CoQ10

180 capsules
vegetarian and vegan



ALL MAN
FOOD SUPPLEMENT - 180 CAPSULES

DIRECTIONS: Adults take 3 capsules a day with meals.
Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

INGREDIENTS: Proprietary mixture: zinc sulphate, magnesium chloride, copper sulphate, l-ascorbic acid, boric acid, nicotinamide, ferrous fumarate, calcium d-pantothenate, riboflavin, d-alpha tocopherol, citrus bioflavonoids, manganese chloride, chromium acetate, pyridoxine HCl, thiamin HCl, **soya**, sodium molybdate, pteroylmonoglutamic acid, biotin, phytomenadione, cyanocobalamin, ergocalciferol with enzyme digested *S.cerevisiae* (with **soya**); sodium selenite, co-enzyme Q10, beta carotene enriched, enzyme digested *S.cerevisiae*; lithothamnium calcareum, capsule: hydroxypropyl methylcellulose, magnesium ascorbate, kelp, silicon dioxide, anti-caking agent: magnesium stearate, carnitine, parsley, bromelain, retinyl acetate, fenugreek seed, horsetail extract, artichoke, ginger, α-lipoic acid, broccoli extract, bacillus coagulans, capsicum fruit, garlic extract.

†May not be suitable for people with a fish or crustacean allergy.

Allergy advice: see ingredients in **bold**

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