

**SUGGESTED USE:** 1 packet daily preferably with a meal or as directed by a healthcare professional.

**CAUTION:** Do not exceed recommended dose. This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

**NOTICE:** Most people should not experience "Niacin skin flush" when using this product. However a few sensitive individuals may experience some flushing. Do not take on an empty stomach.

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

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.



Manufactured for:  
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# ULTIMATE MEN'S DAILY PACK

**Multivitamin & Mineral Complex**

- Supports:**
- ✓ Overall Well-Being
  - ✓ Antioxidant Health
  - ✓ Immune Function

**DIETARY SUPPLEMENT**

**30 PACKETS**

## Supplement Facts

Serving Size 1 Packet (3 capsules / 1 softgel / 3 tablets)

Servings Per Container 30

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           | %Daily Value |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------|
| Vitamin A (67% beta-carotene / 33% palmitate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15,000 IU | 300%         |
| Vitamin C (ascorbic acid)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 500 mg    | 833%         |
| Vitamin D-3 (cholecalciferol)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 600 IU    | 150%         |
| Vitamin E (d-Alpha toco. succinate / acetate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 110 IU    | 367%         |
| Vitamin B-1 (thiamine mononitrate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 50 mg     | 3333%        |
| Vitamin B-2 (riboflavin)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 50 mg     | 2941%        |
| Niacin (niacin granular)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 10 mg     | 50%          |
| Vitamin B-6 (pyridoxine HCl)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 52.5 mg   | 2625%        |
| Folic Acid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 400 mcg   | 100%         |
| Vitamin B-12 (cyanocobalamin)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 100 mcg   | 1667%        |
| Biotin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 100 mcg   | 33%          |
| Pantothenic Acid (d-calcium pantothenate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 20 mg     | 200%         |
| Calcium (carbonate / dicalcium phosphate / citrate / amino acid chelate / hydroxyapatite / gluconate / lactate / orotate / succinate / and alpha ketoglutarate)                                                                                                                                                                                                                                                                                                                                                     | 675 mg    | 68%          |
| Phosphorus (dicalcium phosphate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 111 mg    | 11%          |
| Magnesium (oxide / amino acid chelate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 350 mg    | 88%          |
| Zinc (oxide / glycinate monohydrate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 40 mg     | 267%         |
| Selenium (amino acid chelate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 50 mcg    | 71%          |
| Copper (gluconate / oxide)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 450 mcg   | 23%          |
| Manganese (sulfate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 2 mg      | 100%         |
| Chromium (as polynicotinate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 50 mcg    | 42%          |
| Potassium (as citrate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 50 mg     | 1%           |
| 42 Fruit & Vegetable Proprietary Blend                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 315 mg    | *            |
| Consisting of Blueberry, Cranberry, Grape Seed, Strawberry, Raspberry, Pomegranate, Bilberry, Alfalfa, Carrot, Beet, Broccoli, Acai, Chokeberry, Apple, Apple Pectin, Maqui Berry, Grape Skin, Black Cherry, Tomato, Barley, Celery, Chlorella, Black Currant, Artichoke, Mango, Pineapple, Spirulina, Chlorophyllin, Dandelion, Wheat Grass, Green Tea, Milk Thistle, <i>Eleutherococcus senticosus</i> , Ashitaba, Bing Cherry, Elderberry, Goji Berry, Grapefruit, Mangosteen, Spinach, Tart Cherry, and Papaya. |           |              |
| Enzyme Complex (from plants)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 75 mg     | *            |
| (Consisting of Cellulase, Bromelain, Papain, Amylase, Trypsin, & Lipase)                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |              |
| Spirulina Algae                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |              |
| Wheat Grass Powder (aerial plant)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 500 mg    | *            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 200 mg    | *            |

| Amount Per Serving                                            | %Daily Value   |
|---------------------------------------------------------------|----------------|
| Safflower (powder)                                            | 100 mg         |
| Lecithin                                                      | 75 mg          |
| Choline Bitartrate                                            | 75 mg          |
| Inositol                                                      | 75 mg          |
| Citrus Bioflavonoids 50% Complex                              | 50 mg          |
| Gotu Kola Powder (aerial parts)                               | 50 mg          |
| <i>Echinacea purpurea</i> Root Powder                         | 25 mg          |
| Green Tea (98% extract) (dried leaves)                        | 25 mg          |
| PABA ( <i>para</i> -Aminobenzoic Acid)                        | 15 mg          |
| Psyllium Husk Powder (hulls)                                  | 15 mg          |
| Oat 10:1 Extract (aerial parts)                               | 15 mg          |
| Apple Pectin ( <i>Malus domestica</i> ) (fruit)               | 15 mg          |
| Chlorophyll (sodium copper chlorophyllin)                     | 15 mg          |
| <i>Lactobacillus acidophilus</i>                              | 20 Million CFU |
| Octacosanol                                                   | 15 mg          |
| Trace Mineral Complex                                         | 3 mg           |
| Kelp (thallus)                                                | 210 mg         |
| Boron (as amino acid chelate)                                 | 2027 mcg       |
| CLA Complex (80% conjugated linoleic acid from safflower oil) | 290 mg         |
| GLA Complex (18.5% gamma linolenic acid from borage seed oil) | 262 mg         |
| ALA Complex (50% alpha linolenic acid from flaxseed oil)      | 150 mg         |
| EPA (Eicosapentaenoic Acid / fish oil)                        | 125 mg         |
| DHA (Docosahexaenoic Acid / fish oil)                         | 100 mg         |
| Saw Palmetto Powder (fruit berries)                           | 300 mg         |
| <i>Pygeum africanum</i> (5:1 extract) (bark)                  | 150 mg         |
| Pumpkin Seed Powder                                           | 30 mg          |
| Burdock Root Powder                                           | 2.5 mg         |
| Cayenne Pepper Powder (fruit)                                 | 2.5 mg         |
| Goldenseal Root Powder                                        | 2.5 mg         |
| Gravel Root Powder ( <i>Eupatorium purpureum</i> )            | 2.5 mg         |
| Juniper Berries Powder                                        | 2.5 mg         |
| Marshmallow Root Powder                                       | 2.5 mg         |
| Parsley Leaf Powder                                           | 35 mg          |
| L-Glutamic Acid HCl                                           | 35 mg          |
| L-Alanine                                                     | 15 mg          |
| L-Glycine                                                     | 15 mg          |

\*Daily Value not established.

Other Ingredients: Gelatin (bovine), vegetable stearic acid, vegetable magnesium stearate, glycerin, rice flour, pharmaceutical glaze, microcrystalline cellulose, croscarmellose sodium, purified water and silicon dioxide.  
**ALLERGEN WARNING: CONTAINS SOY (LECITHIN) AND FISH (ANCHOVIES).**  
 \*Activity level at time of manufacture.