

DIRECTIONS: For adult men, take two (2) caplets daily, preferably with a meal.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, including blood thinners, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Avoid this product if you are allergic to sunflowers or daisy-like flowers. 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 seal under cap is broken or missing.

No Artificial Color, No Sugar, No Glutes,
No Wheat, No Yeast, No Fish.

TO REORDER ITEM # 17312
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Rensselaer, NY 11779 U.S.A.
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Puritan's Pride ULTRA MAN™ 50 PLUS DAILY MULTI

Performance Formula
Targeted for Men Over 50

HIGH POTENCY

120 COATED
CAPLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 60

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A 1,500 mcg (as Retinyl Acetate)	150%	Magnesium (as Magnesium Oxide)	100 mg 24%	L-Carnitine (as L-Carnitine L-Tartrate)	
Vitamin C 500 mg (as Ascorbic Acid)	500%	Zinc (as Zinc Oxide)	25 mg 22%	UM50+ Bio-Active Blend 100 mg	
Vitamin B1 50 mg (2,000 IU) (as Thiamine Mononitrate)	250%	Selenium (as Sodium Selenate)	200 mcg 364%	Pumpkin Seed (Cucurbita sp.) Lipids	
Vitamin E 30 mg (as High Potency Acetate)	120%	Copper (as Cupric Oxide)	2 mg 22%	Lipoic Acid, Citrus Bioflavonoid Complex (Citrus Sinensis Peel), Saw Palmetto Extract (Serenoa repens) (fruit), Co-Enzyme Q-10 Ubiquinol	
Vitamin K 80 mcg (as Phytylphosphonate)	67%	Manganese (as Manganese Gluconate)	3 mg 67%	UM50+ Herbal Blend 50 mg	
Niacin 50 mg (Niacin B-3) (as Nicotinic Mononitrate)	416%	Chromium (as Chromium Piccolinate)	200 mcg 571%	Echinacea (Echinacea purpurea) (root), Acacia Extract (Acacia gummifera) (fruit), Beet Root (Beta vulgaris) (rhizome), Bilberry Extract (Vaccinium myrtillus) (fruit), Elderberry Concentrate (Sambucus nigra) (fruit), Green Tea Extract (Camellia sinensis) (leaf), Cayenne Pepper (Capsicum annuum) (fruit), Ginkgo Biloba (Ginkgo biloba) (leaf)	
Folate 50 mcg (Niacin B-9) (as Folic Acid)	1,250%	Molybdenum (as Sodium Molybdate)	75 mcg 167%		
Biotin 50 mcg (as Biotinamide)	100%	Sodium (as Sodium Chloride)	10 mg <1%		
Vitamin B12 50 mcg (as Methylcobalamin)	1,000%	Potassium (as Potassium Chloride)	50 mg <1%		
Iron 50 mcg DFE (40 mcg Inorganic Iron)	100%	Inositol	10 mg		
		Boron (as Boron Glycinate)	3 mg		
		Vanadium (as Sodium Metavanadate)	10 mg		
		UM50+ Amino Acid Blend 50 mg			
		Threonine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Methionine, L-Cysteine Hydrochloride, N-Acetyl L-Carnitine Hydrochloride, L-Arginine (as L-Arginine Hydrochloride).			

Other Ingredients: Vegetable Cellulose. Contains <2% of: Calcium Silicate, Gelatin, Maltodextrin, Inulin, Silica, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains milk ingredients.