

**Other Ingredients:** Vegetable Cellulose. Contains <2% of: Calcium Silicate, Carnauba Wax, Gelatin, Mannitol, Maltodextrin, Vanillin, Vegetable Magnesium Stearate.

**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, 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. It is advisable to consult your doctor before using biotin doses above 2,500 mcg per day. 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.



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 1-800-645-1030

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 **Puritan's Pride**

# ULTRA MAN MAX

## DAILY MULTI

**Premium Performance Formula  
for Men**

**HIGH POTENCY**

**90** Coated  
Caplets

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size  
Serving Size: 2

| <small>Amount Per Serving</small>                                            | <small>%Daily Value</small> | <small>Amount Per Serving</small>                                       | <small>%Daily Value</small> | <small>Amount Per Serving</small>                                            | <small>%Daily Value</small> |
|------------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------|-----------------------------|
| <b>Biotin</b> 3,000 mcg<br><small>(as Biotin Acid and Beta-Carotene)</small> | 333%                        | <b>Iodine</b> 150 mcg<br><small>(as Potassium Iodide)</small>           | 100%                        | <b>N-Acetyl L-Carnitine</b> 50 mg<br><small>Hydrochloride</small>            |                             |
| <b>Iron</b> 40 mg<br><small>(as Ferrous Fumarate)</small>                    | 800%                        | <b>Magnesium</b> 50 mg<br><small>(as Magnesium Oxide)</small>           | 12%                         | <b>Pumpkin</b> 30 mg<br><small>(Cucurbita sp.) (seed)</small>                |                             |
| <b>Iron</b> 10 mcg (2,000 IU)<br><small>(as Biotinylated)</small>            | 250%                        | <b>Zinc</b> 15 mg<br><small>(as Zinc Oxide)</small>                     | 135%                        | <b>Resveratrol</b> 25 mg<br><small>(from Polygonum cuscuta) (root)</small>   |                             |
| <b>Iron</b> 10 mg<br><small>(as High Potency Iron)</small>                   | 100%                        | <b>Selenium</b> 200 mcg<br><small>(as Sodium Selenate)</small>          | 364%                        | <b>Citrus Bioflavonoids</b> 50 mg<br><small>(Citrus spp.) (fruit)</small>    |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 60%                         | <b>Copper</b> 2 mg<br><small>(as Copper Gluconate)</small>              | 222%                        | <b>Pomegranate Extract</b> 25 mg<br><small>(Punica granatum) (seed)</small>  |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 6,250%                      | <b>Manganese</b> 2 mg<br><small>(as Manganese Gluconate)</small>        | 87%                         | <b>Inositol</b> 10 mg                                                        |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 5,168%                      | <b>Chromium</b> 200 mcg<br><small>(as Chromium Picolinate)</small>      | 571%                        | <b>Green Tea Extract</b> 10 mg<br><small>(Camellia sinensis) (leaf)</small>  |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 468%                        | <b>Molybdenum</b> 75 mcg<br><small>(as Sodium Molybdate)</small>        | 160%                        | <b>Silica</b> 10 mg<br><small>(Silicon Dioxide)</small>                      |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 4,412%                      | <b>Sodium</b> 10 mg                                                     | <1%                         | <b>Bilberry Extract</b> 5 mg<br><small>(Vaccinium myrtillus) (fruit)</small> |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 16%                         | <b>Potassium</b> 30 mg<br><small>(as Potassium Chloride)</small>        | <1%                         | <b>Alfalfa</b> 5 mg<br><small>(Medicago sativa) (seed)</small>               |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 4,167%                      | <b>Alpha Lipoic Acid</b> 100 mg                                         |                             | <b>Lutelin</b> 2 mg                                                          |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 18,867%                     | <b>L-Arginine</b> 50 mg<br><small>(as L-Arginine Hydrochloride)</small> |                             | <b>Lycopene</b> 1 mg                                                         |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 1,500%                      | <b>L-Cysteine</b> 50 mg<br><small>(as L-Cysteine Hydrochloride)</small> |                             |                                                                              |                             |
| <b>Iron</b> 10 mg<br><small>(as Iron)</small>                                | 8%                          | <b>Saw Palmetto</b> 50 mg<br><small>(Serenoa repens) (fruit)</small>    |                             |                                                                              |                             |

\*Daily Value not established.