

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

Contains milk ingredients.

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 Gluten,
No Wheat, No Yeast, No Fish.**

TO REORDER ITEM # 3894
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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811635 221 14-13823



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 **Puritan's Pride**

**ULTRA
VITA MAN™**

DAILY MULTI

**Premium Performance Formula
For Men**

HIGH POTENCY

**90 COATED
CAPLETS**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 45

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A 1,500 mcg (as Retinyl Acetate and Beta-Carotene)	150%	Calcium 100 mg (as Calcium Carbonate)	8%	Vitamin D 15 mcg (as Vitamin D3)	100%
Vitamin C 300 mg (as Ascorbic Acid)	300%	Iodine 150 mcg (as Potassium Iodide)	100%	Ultra Man Active Blend 150 mg L-Taurine, L-Glutamine, L-Tyrosine, L-Cysteine Hydrochloride, L-Leucine, N-Acetyl L-Carnitine Hydrochloride, L-Ascorbate, L-Arginine (as L-Arginine Hydrochloride), L-Carnitine (as L-Carnitine L-Tartrate), L-Methionine	
Vitamin E 50 mcg (2,000 IU) (as DL-Alpha-Tocopherol)	250%	Magnesium 50 mg (as Magnesium Oxide)	12%	Ultra Man Bio-Active Blend 110 mg Pumpkin Seed (Cucurbita pepo), Saw Palmetto Extract (Serenoa repens) (fruit)	
Vitamin K 75 mcg (as Phylloquinone)	62%	Zinc 15 mg (as Zinc Oxide)	130%	Antioxidant Blend 120 mg Echinacea (Echinacea purpurea) (root), Astragalus Extract (Astragalus glycyphyllos) (root), Beet Root (Beta vulgaris), Siberian Ginseng (Eleutherococcus sibiricus) (root), Citrus Bioflavonoid Complex (Citrus limon) (peel), Dietary Concentrate (Sambucus nigra) (fruit), Ginkgo Biloba (Ginkgo biloba) (leaf), Green Tea Extract (Camellia sinensis) (leaf), Maca Extract (Lepidium meyenii) (root), Pomegranate Extract (Punica granatum) (seed), Turmeric (Curcuma longa) (root), Coenzyme Q-10, Lipoic	
Biotin 5 mcg (as D-Biotin)	10,000%	Selenium 200 mcg (as Sodium Selenate)	364%		
Thiamin 50 mg (Vitamin B1) (as Thiamin Mononitrate)	4,167%	Copper 2 mg (as Cupric Oxide)	222%		
Niacin 50 mg (Vitamin B3) (as Nicotinamide)	1,000%	Manganese 2 mg (as Manganese Gluconate)	67%		
Vitamin B6 50 mg (as Pyridoxine Hydrochloride)	1,000%	Chromium 200 mcg (as Chromium Picolinate)	500%		
Vitamin B12 50 mcg (as Methylcobalamin)	1,000%	Molybdenum 75 mcg (as Sodium Molybdate)	150%		
Folate 65 mcg DFE (40 mcg folic acid)	163%	Sodium 10 mg (as Sodium Chloride)	<1%		
Vitamin B12 10 mcg (as Methylcobalamin)	4,167%	Potassium 30 mg (as Potassium Chloride)	<1%		
Biotin 1,000 mcg (as D-Biotin)	2,000%	Alpha Lipoic Acid 10 mg			
Phosphorus 50 mg (as Calcium Phosphate)	1,000%	Inositol 10 mg			
		Boron 3 mg (as Boron Glycinate)			

*Daily Value not established.