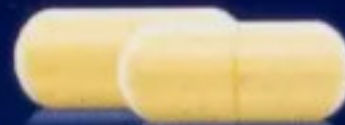


Directions: Take one packet 2 times per day or as directed by your healthcare practitioner.

Each Packet Contains:



2 MultiMedica™ for Men –
providing high quality comprehensive vitamins, minerals, amino acids and herbals specifically designed to address the unique nutrient needs for male adolescents, adults and seniors.*



1 CoQ–Clear® 100 –
a patent pending, crystal-free CoQ10 that offers the highest absorption and bioavailability.* CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way.



1 Omega 600™ –
providing 600 mg of ultra-pure, molecularly distilled, omega 3 fatty acids sourced from fish caught in cold, deep sea waters.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

60 packets
DIETARY SUPPLEMENT



Foundation
Essentials®

for Men

60 packets
DIETARY SUPPLEMENT



Supplement Facts		
Serving Size 1 Packet		
Servings Per Container 60		
Amount Per Packet	% Daily Value	
Calories	10	
Total Fat	1 g	1%†
Vitamin A (85% [4,250 IU] retinyl palmitate, 15% [750 IU] natural mixed carotenoids) (5,000 IU)	1,500 mcg RAE	167%
Vitamin C (as potassium ascorbate, magnesium ascorbate, calcium ascorbate, zinc ascorbate)	125 mg	139%
Vitamin D3 (as cholecalciferol) (200 IU)	5 mcg	25%
Vitamin E (as d-alpha tocopheryl succinate, d-alpha tocopherol) (91 IU)	61 mg	407%
Thiamin (Vitamin B1) (as thiamin mononitrate)	10 mg	833%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin-5'-phosphate)	10 mg	769%
Niacin (as niacinamide and niacin)	30 mg NE	188%
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg	588%
Folate (as 100 mcg (6S)-5-methyltetrahydrofolic acid, glucosamine salt)†††	170 mcg DFE	43%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Biotin	500 mcg	1,667%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	20 mg	4%
Calcium (as di-calcium malate‡, calcium bisglycinate chelate buffered††, calcium ascorbate)	50 mg	4%
Phosphorus (as pyridoxal-5'-phosphate and riboflavin-5'-phosphate sodium)	5 mg	<1%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as di-magnesium malate, magnesium bisglycinate chelate buffered††, magnesium ascorbate)	100 mg	24%
Zinc (as zinc bisglycinate chelate††, zinc ascorbate)	7.5 mg	68%
Selenium (as selenium chelate)	50 mcg	91%
Manganese (as manganese bisglycinate chelate)††	0.25 mg	11%
Chromium (as chromium nicotinate glycinate chelate)††	250 mcg	714%
Molybdenum (as molybdenum glycinate chelate)††	25 mcg	56%
Potassium (as potassium citrate, potassium ascorbate)	49.5 mg	1%
Natural Marine Lipid Concentrate	1 g	**
EPA (eicosapentaenoic acid) (360 mg)		**
DHA (docosahexaenoic acid) (240 mg)		**
Coenzyme Q10 (ubiquinone)	100 mg	**
Acetyl L-Carnitine Hydrochloride	25 mg	**
N-Acetyl L-Cysteine (NAC)	25 mg	**

Supplement facts continued from previous panel.

Amount Per Packet	% Daily Value	
Pumpkin (<i>Cucurbita sp.</i>) (seed) extract	25 mg	**
Saw Palmetto (<i>Serenoa repens</i>) (berry) extract	25 mg	**
Inositol	20 mg	**
Glycine	15 mg	**
L-Taurine	15 mg	**
Mixed Tocopherols	15 mg	**
Tribulus (<i>Tribulus sp.</i>) (aerial parts) extract	15 mg	**
<i>Panax ginseng</i> (root)	12.5 mg	**
L-Alanine	12.5 mg	**
L-Glutamic Acid	12.5 mg	**
L-Lysine hydrochloride	10 mg	**
Para-aminobenzoic acid (PABA)	10 mg	**
Hesperidin (from <i>Citrus aurantium</i>)	8 mg	**
Rutin (from <i>Sophora japonica</i>)	8 mg	**
Quercetin (from <i>Dimorphandra mollis</i>)	6 mg	**
R-Alpha Lipoic Acid	5 mg	**
Lutein (from <i>Tagetes erecta</i>)	37.5 mcg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients in MultiMedica™ for Men: Hydroxypropyl methylcellulose (vegetable capsule), magnesium oxide (buffering agent), magnesium stearate (vegetable), silica.

Other Ingredients in Omega 600™: Gelatin, glycerin, water, vitamin E (as natural d-alpha tocopherol).

Other Ingredients in CoQ–Clear® 100: Citrus oil (GRAS certified; natural food grade), gelatin (bovine), glycerin, purified water, medium-chain triglycerides, red radish powder (softgel color), carob extract (softgel color), caramel liquid (softgel color).

Contains: Fish (anchovy, mackerel and sardine), vitamin E from soy.

Manufactured for: **NuMedica® LLC** | 9503 E. 55th Place | Tulsa, OK 74145 | 800.869.8100 | www.numedica.com

Caution: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and those who may become pregnant should not exceed 1,500 mcg RAE (5,000 IU) of pre-formed vitamin A (retinyl palmitate or retinyl acetate) per day. It is also recommended that children under four should not regularly consume more than 750 mcg RAE (2,500 IU) per day. Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Does Not Contain: Milk, eggs, shellfish, tree nuts, peanuts, wheat, artificial colors.

The packets in this container are labeled Foundation Nutrition.

Albion™, **††TRAACS™**, **†DimaCal™** and the **Albion Gold Medallion** design are trademarks of Balchem Corporation or its subsidiaries.

†††Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

THIRD-PARTY CERTIFIED FACILITY

Gluten-Free

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This product is not labeled for sale in the State of California.