

DIRECTIONS FOR USE Adults: take 2 tablets daily with food. For optimal absorption, divide the daily dose between morning and evening. Do not exceed the stated dose.

Pure & Essential Methylated Multivitamin & Minerals for Men is a comprehensive high-absorption formula, featuring boosted doses of active B-vitamins, zinc, vitamin D3 and lycopene. Enhanced with a slow-release formula, this supplement steadily releases its nutrients for optimal absorption and uptake into the bloodstream. Twice-daily dosing provides all-day nutrient coverage.*

This product should not be used as a substitute for a varied and balanced diet and healthy lifestyle. As with any dietary supplement, consult your physician before use if you are pregnant or breastfeeding, have a medical condition, or are taking any medication. Keep out of the reach of children. Store in a cool, dry place and away from sunlight.

* 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.

No artificial colors and flavors; not tested on animals; non-GMO; suitable for vegetarians and vegans; compatible with halal and kosher diets. GMP manufactured in the UK.



Best Before End /
Batch Number

igennus

HEALTHCARE NUTRITION®

PURE & ESSENTIAL 

METHYLATED
**MULTIVITAMIN
& MINERALS
FOR MEN**

BODY-READY ACTIVE FORMS

SLOW-RELEASE FORMULA

60 TABLETS
DIETARY SUPPLEMENT



Supplement Facts

Serving size: 2 tablets

Servings per container: 30

	Amount per 2 tablets	% DV
Vitamin A (as beta-carotene)	2700 mcg RAE	300
Vitamin C (as ascorbic acid & ascorbyl palmitate)	240 mg	267
Vitamin D3 (as cholecalciferol from algae)	25 mcg (1000 IU)	125
Vitamin E (as natural D-alpha-tocopherol)	15 mg α-TE	100
Vitamin K (50% K1 and 50% K2 MK-7)	70 mcg	58
Thiamin (as thiamin hydrochloride; B1)	5.5 mg	458
Riboflavin (as riboflavin 5'-phosphate; B2)	4.2 mg	323
Niacin (as niacinamide; B3)	48 mg NE	300
Vitamin B6 (as pyridoxal 5'-phosphate)	8 mg	471
Folate (as calcium L-methylfolate)	667 mcg DFE	167
Vitamin B12 (as methylcobalamin)	20 mcg	833
Biotin (as D-biotin; B7)	100 mcg	333
Pantothenic acid (as calcium D-pantothenate; B5)	16 mg	320
Calcium (as dicalcium phosphate)	65 mg	5
Iodine (as potassium iodide)	150 mcg	100
Zinc (as glycinate)	15 mg	136
Selenium (as sodium selenate)	99 mcg	180
Copper (as glycinate)	0.9 mg	100
Chromium (as picolinate)	47 mcg	134
Molybdenum (as sodium molybdate)	47 mcg	104
Lycopene	9.5 mg	n/a
Boron	1.8 mg	n/a

DV = Daily Value

OTHER INGREDIENTS: Plant cellulose.

Nutrition questions & support

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