



COMPLETE DAILY NUTRITIONAL PACKETS

With Saw Palmetto, Omega 3 & 6, Lutein & Lycopene

Part No. 22-30010

## Prescriptive Formulas OPTIMAL FORMULAS PACKS

### A complete daily nutritional program

- Formulated to synergistically work together for optimal nutrition
- Convenient individual packs to use at work, the gym, while traveling or at home

### MEN'S

NATURE'S BOUNTY

#### Multivitamin/Mineral

A high potency supplement providing essential vitamins and minerals for antioxidant health.\* This formula also contains Lutein and Lycopene for good health.\*

## Vitamin C with Bioflavonoids

supporting immune function.\* As an antioxidant, Vitamin C helps fight cell-damaging free radicals in the body.\*

#### Vitamin E

Vitamin E helps promote healthy circulation.\* Vitamin E is also a powerful antioxidant that fights free radicals and promotes cardiovascular health.\*

#### Fish Oil 1000 mg with Omega 3 & 6

Contains EPA and DHA, two fatty acids vital for good health, plus naturally occurring Omega-6 fatty acids.\* The Omega-3 fatty acids are important for cellular, heart and metabolic health.\*

#### B-Complex

Made up of several B vitamins that work together to support nervous system health and energy metabolism.\* Each nutrient in the B Vitamin Complex performs a unique role in providing nourishment for the occasional stress of daily living and is essential for well-being.\*

#### Vitamin D

Vitamin D supports normal antibody production by the immune system. \*An analysi of 5 studies concluded that increasing Vitamin D intake up to 2000 IU per day could promote colon health. \* Recent evidence also indicates that increasing Vitamin D intake can support the health of the pancreas. \* Vitamin D 3 is a potent and active form of Vitamin D.



These statements have not been evaluated by the lood and Drug Administration. This product is not ntended to disgnose, treat, cure or prevent any disease.

# Supplement Facts Serving Size 1 Packet Servings Per Container 30

Amount Per Serving	%Daily	Valu
Calories	20	
Calories from Fat	15	
Total Fat	1.5 g	2%
Polyunsalurated Fat	0.5 g	
Cholesterol	5 mg	2
Total Carbohydrate	1 g	<1%
Protein	<1 g	1%
Vitamin A (as Vitamin A Acetate and 40% as Beta-Caratene)	2,500 IU	50
Vitamin C (as Ascorbic Acid)	560 mg	933
Vitamin D (as D3 Cholocalciferol)	1,500 IU	375
Vitamin E (as di-Alpha Tocopheryl Acetale and d-Alpha Tocopherol)	450 IU	1,500
Vitamin K (as Phytonadione)	30 mcg	38
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride and Thiamin Mononitral	e) 6.5 mg	433
Riboflavin (Vitamin 8-2)	6.7 mg	394
Miscin (as Niscinamide)	60 mg	300
Vitamin B-6 (as Pyridoxine Hydrochloride)	4 mg	200
Falic Acid	490 mgg	100
Vitamin B-12 (as Cyanocobalamin)	25 mcg	433
Biotin (as d-Biotin)	30 mag	10
Pantothenic Acid (as d-Calcium Pantothenate)	14.6 mg	146
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	245 mg	25
Phosphorus (as Dicalcium Phosphate)	39 mg	- 4
Iodine (as Potassium Iodide)	150 mcg	100
Magnesium (as Magnesium Oxide)	50 mg	13
Zinc (as Zinc Oxide)	11 mg	72
Selenium (as Sodium Selenate)	55 mcg	75
Copper (as Cupric Sulfate)	0.5 mg	25
Manganese (as Manganese Sultate)	2.3 mg	115
Chromium (as Chromium Picelinate)	45 mcg	38
Molybdenum (as Sodium Molybdate)	45 mcg	66
Chloride (as Potassium Chloride)	72 mg	2
Potassium (as Potassium Chloride)	80 mg	2
Fish Oil	1,000 mg (1 g	
provides 300 mg of Omega-3 Fatty Acids, comprising at:		••
EPA (Eicosapentaenoic Acid), DHA (Docosahexaenoic Acid)		••
Desireated Liver	100 me	**

EPA (Eicesapentaenoic Acid), DHA (Decesahexaenoic Acid)		•••
Desiccated Liver	100 mg	•••
Brewer's Yeast	50 mg	•••
Citrus Bioflavonoids (Citrus sinensis) (fruit)	25 mg	•••
Choline Bitartrate	20 mg	•••
Rose Hips	14 mg	•••
Inosital	10 mg	•••
Saw Palmetto Extract (Serença repenz) (berry) (Standardized to contain 85-95% fatty acids)	160 mg	•••
Lycopene	300 mcg	•••
Lutein	250 mcg	•••
Boron (as Boric Acid and Sodium Borate)	150 mcg	•••
Vanadium (as Sodium Metavanadate)	10 mcg	•••
Mirkel (se Mirkel Cultote)	E mea	***

#### "Percent Daily Values are based on a 2,000 calorie diet.

Silicon (as Silicon Dioxide

Other Ingredients: Gelotin Vegetable Culladora, Vegetable Giopenis, Olive Oli, Soybean Oli, Vel Magnesium Starata, Crisponidore, Calcium Silicate, Titarium Dinadde Color, Silica, Vegetable i Ackil Starut, Mined Scophenois, POAC Blue PC Lible, TRAC Mallow PE Lible, FDBC Red MS Lible, Contains wheat and fish (cod., politock, haddock, hale, cusik, redishly, sole, flounder, anchowy, ma candroli hamelieum.



Improved Formula, New Package MEN'S

e Healthy:

Omega 3 & 6,
Lutein & Lycopene

DIETARY SUPPLEMENT

Helps Promote Healthy:
PROSTATE HEALTH\*

**IMMUNE FUNCTION\*** 

**HEART HEALTH\*** 

**EYE HEALTH\*** 

ANTIOXIDANT SUPPORT\*



Prod. No. 30010

DIRECTIONS: For adult men, take one (1) packet daily, preferably with meals.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Shellfish.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allerigh to yeast. 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 in a cool, dry place. Do not use if outer wrap is missing or torn.

Carefully Manufactured by NATURE'S BOUNTY, INC.
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Nutrition Questions or Comments? Call NutraPhone® 1-800-433-2990 Mon. - Fri. 9 AM - 7 PM ET

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