



ULTRA MAN™

HIGH POTENCY

**Multivitamin, Mineral &
Herb Supplement
Optimized for Men**

TIMED-RELEASE

50 TABLETS

Coated for Ease of Swallowing

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 25

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	300 mg 500%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-Alpha Tocopheryl Acetate)	100 IU 333%
Vitamin K (as Phytonadione)	80 mcg 100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%
Riboflavin (Vitamin B-2)	50 mg 2,941%
Niacin (as Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	500 mcg 167%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%
Calcium (as Calcium Carbonate, Dicalcium Phosphate, and Calcium Citrate)	200 mg 20%
Iodine (as Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Oxide)	25 mg 167%
Selenium (as Sodium Selenate)	200 mcg 286%
Copper (as Cupric Oxide)	2 mg 100%
Manganese (as Manganese Gluconate)	2 mg 100%
Chromium (as Chromium Picolinate)	200 mcg 167%
Molybdenum (as Sodium Molybdate)	75 mcg 100%
Chloride (as Potassium Chloride)	26 mg 1%
Potassium (as Potassium Chloride)	30 mg 1%
Alpha Lipoic Acid	30 mg *
Choline Bitartrate	10 mg *

Amount Per Serving	%Daily Value
Inositol	10 mg *
Boron (from Boron Amino Acid Chelate)	2 mg *
Vanadium (as Sodium Metavanadate)	10 mcg *
Proprietary Amino Acid Blend (L-Taurine, L-Glutamine, L-Arginine, L-Valine, L-Cysteine, L-Leucine, N-Acetyl Carnitine Hydrochloride, L-Isoleucine, L-Carnitine, L-Methionine)	150 mg *
Joint Health Blend (Methylsulfonylmethane (MSM), Silica (as Silicon Dioxide), Collagen (Hydrolyzed Gelatin), Glucosamine Hydrochloride, Chondroitin Sulfate)	100 mg *
Men's Health Blend (Pumpkin Seed (<i>Cucurbita pepo</i>), Pygeum (<i>Pygeum africanum</i>) (bark), Oyster Extract, Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit), Lycopene)	120 mg *
Antioxidant Cardio Blend (Garlic (<i>Allium sativum</i>) (bulb), Citrus Bioflavonoids (<i>Citrus limon</i>) (fruit), Bilberry (<i>Vaccinium myrtillus</i>) (leaf), Elderberry (<i>Sambucus nigra</i>) (fruit), Black Currant (<i>Ribes nigrum</i>) (fruit), Grape Seed Extract (<i>Vitis vinifera</i>), Brussels Sprouts Extract, Kale Extract, Cauliflower Extract, Celery Seed (<i>Apium graveolens</i>), Carrot Extract, Broccoli Extract, Cabbage Extract, Astaxanthin Complex, Lutein, Zeaxanthin, Super Oxide Dismutase, Coenzyme Q-10, Pycnogenol® (<i>Pinus pinaster</i>) (Maritime Pine Bark Extract))	120 mg *
Energy Blend (Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Cayenne Pepper (<i>Capsicum annuum</i>) (fruit), Spirulina (<i>Spirulina platensis</i>) (plant), Korean Ginseng (<i>Panax ginseng</i>) (root))	100 mg *

*Daily Value not established.

Other Ingredients: Hypromellose, Vegetable Cellulose, Vegetable Stearic Acid, Vegetable Magnesium Stearate. Contains milk, soy and shellfish (shrimp, crab, lobster, crayfish) ingredients.

Directions: For adult men, take two (2) tablets daily, preferably with a meal.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Gluten, No Wheat, No Yeast.

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. 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 seal under cap is broken or missing.

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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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