



Ultimate Man[®]

high potency
multivitamin • multimineral

energy production[✓] immune[✓]

antioxidant[✓]

180 Tablets • Dietary Supplement

actual size

nut
free

dairy
free

gluten
free

Supplement Facts

Serving Size 2 Tablets
Servings Per Container: 90

	Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A acetate and beta carotene)	5,000 IU	100%
Vitamin C (as Active C [®] (as Tri-Scorb [™] Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate)))	300 mg	500%
Vitamin D3 (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopherol succinate)	30 IU	100%
Vitamin K (as phytonadione)	80 mcg	100%
Thiamine (Vitamin B1) (as thiamine mononitrate)	50 mg	3333%
Riboflavin (Vitamin B2)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as calcium carbonate, Active C [®] and dicalcium phosphate)	200 mg	20%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C [®])	25 mg	6%
Zinc (as zinc oxide and Active C [®])	25 mg	167%
Selenium (as selenium amino acid chelate)	200 mcg	286%
Copper (as copper gluconate)	2 mg	100%
Manganese (as manganese sulfate)	2 mg	100%
Chromium (as chromium amino acid chelate)	120 mcg	100%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	100%
Fruit & Veggie Blend	105 mg	*
Citrus Bioflavonoids, Carrot Powder, Papaya Powder (fruit), Orange Powder (fruit), Pineapple Powder, Pumpkin Seed Meal, Spinach Powder, Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (seed), Cauliflower Powder, Saw Palmetto Powder, Kale Powder, Brussels Sprout Powder, Broccoli Powder, Apple Powder (fruit), Kiwi Powder (fruit)		
Amino Acid Blend	100 mg	*
Taurine, L-Methionine, L-Glutamine, L-Arginine (as L-Arginine HCl), L-Carnitine (as L-Carnitine Tartrate)		
Alpha Lipoic Acid	50 mg	*
Green Tea Extract (<i>Camellia sinensis</i>)(leaf) std to 95% Polyphenols (47.5 mg) and 40% EGCG (20 mg)	50 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)(seed) std to 95% Proanthocyanidins (23.8 mg)	25 mg	*

	Amount Per Serving	% Daily Value
Pomegranate Extract (<i>Punica granatum</i>)(fruit) std to 40% Ellagic Acid (10 mg)	25 mg	*
Choline (as choline bitartrate)	10 mg	*
Inositol	10 mg	*
Black Pepper Concentrate	5 mg	*
Silica (as silicon dioxide)	4 mg	*
Boron (as boron amino acid chelate)	2 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Astaxanthin	50 mcg	*
Zeaxanthin	50 mcg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, carnauba wax, pharmaceutical glaze, hypromellose, natural vanilla, glycerin.

Contains: Soy.

Does not contain: Wheat, Gluten, Salt, Dairy, Fish, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take two (2) tablets daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are taking any medication or have any medical conditions.

† 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT. Do not use if outer seal is broken or missing.

Active-C[®] is a registered trademark of Vitamin Shoppe Industries, Inc.

Tri-Scorb[™] is a trademark of Vitamin Shoppe Industries, Inc.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com

or call 1-800-223-1216 for more information and to reorder.

Item No. VS-2750

1744689

