



# Especially for Men®

nutrients and herbs  
for men's wellness

prostate<sup>†</sup>

antioxidant<sup>†</sup>

immunity<sup>†</sup>

energy production<sup>†</sup>

120 Tablets • Dietary Supplement

gluten  
free

dairy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 2 Tablets

Servings Per Container: 60

|                                                 | Amount<br>Per Serving | % Daily<br>Value |
|-------------------------------------------------|-----------------------|------------------|
| Vitamin A<br>(as acetate and mixed carotenoids) | 10000 IU              | 200%             |
| Vitamin C (as ascorbic acid)                    | 30 mg                 | 50%              |
| Vitamin D (as cholecalciferol)                  | 200 IU                | 50%              |
| Vitamin E (as d-alpha tocopheryl succinate)     | 100 IU                | 333%             |
| Vitamin K (as phytonadione)                     | 75 mcg                | 94%              |
| Thiamin (Vitamin B1)(as thiamin mononitrate)    | 30 mg                 | 2000%            |
| Riboflavin (Vitamin B2)                         | 30 mg                 | 1765%            |
| Niacin (as niacinamide)                         | 30 mg                 | 150%             |
| Vitamin B6 (as pyridoxine HCl)                  | 30 mg                 | 1500%            |
| Folate (as folic acid)                          | 400 mcg               | 100%             |
| Vitamin B12 (as cyanocobalamin)                 | 30 mcg                | 500%             |
| Biotin                                          | 250 mcg               | 83%              |
| Pantothenic Acid (as d-calcium pantothenate)    | 30 mg                 | 300%             |
| Calcium (as dicalcium phosphate)                | 220 mg                | 22%              |
| Iodine (as potassium iodide)                    | 150 mcg               | 100%             |
| Magnesium (as magnesium oxide)                  | 100 mg                | 25%              |
| Zinc (as zinc oxide)                            | 25 mg                 | 167%             |
| Selenium (as amino acid chelate)                | 100 mcg               | 143%             |
| Copper (as copper sulfate)                      | 2 mg                  | 100%             |
| Manganese (as amino acid chelate)               | 5 mg                  | 250%             |
| Chromium (as amino acid chelate)                | 50 mcg                | 42%              |
| Chloride (as potassium chloride)                | 28 mg                 | <2%              |
| Potassium (as potassium chloride)               | 30 mg                 | <2%              |

|                                                         | Amount<br>Per Serving | % Daily<br>Value |
|---------------------------------------------------------|-----------------------|------------------|
| Silica (as silicon dioxide)                             | 10 mcg                | *                |
| Choline (as choline bitartrate)                         | 10 mg                 | *                |
| Inositol                                                | 10 mg                 | *                |
| PABA (para-aminobenzoic acid)                           | 10 mg                 | *                |
| Citrus Bioflavonoid Complex                             | 50 mg                 | *                |
| Damiana Leaf Powder ( <i>Lumera diffusa</i> )           | 70 mg                 | *                |
| Panax Ginseng Powder                                    | 70 mg                 | *                |
| Oat Straw Powder ( <i>Avena sativa</i> ) (green tops)   | 70 mg                 | *                |
| Garlic Powder ( <i>Allium sativum</i> ) (bulb)          | 50 mg                 | *                |
| Oyster Extract                                          | 50 mg                 | *                |
| Prostate Powder (from bovine)                           | 50 mg                 | *                |
| Saw Palmetto Powder ( <i>Serenoa repens</i> ) (berry)   | 50 mg                 | *                |
| L-Cysteine HCL anhydrous                                | 50 mg                 | *                |
| Stinging Nettles Powder ( <i>Urtica dioica</i> ) (leaf) | 30 mg                 | *                |
| Pumpkin Seed Powder ( <i>Cucurbita pepo</i> )           | 30 mg                 | *                |
| L-Methionine Powder                                     | 10 mg                 | *                |
| Alpha-Lipoic Acid                                       | 5 mg                  | *                |
| Lycopene (as Lyc-O-Mato® tomato extract)                | 1 mg                  | *                |

\* Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, pharmaceutical glaze, hypromellose, carnuba wax, glycerin.

**Contains:** Soy

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

† 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.

**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.

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

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

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