



Ultimate Man[®] Gold

a highly bioavailable
multivitamin • multimineral

cardiovascular[✓] | energy production[✓]
immune[✓] | antioxidant[✓] | digestion[✓]

180 Tablets • Dietary Supplement

actual size

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 3 Tablets
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as 50% Beta Carotene and 50% retinyl palmitate)	5,000 IU	100%
Vitamin C (from calcium ascorbate, magnesium ascorbate and zinc ascorbate)	500 mg	833%
Vitamin D3 (as cholecalciferol)	2000 IU	500%
Vitamin E (as d-alpha tocopheryl acid succinate)	30 IU	100%
Vitamin K2 (as menaquinone MK-7)	45 mcg	56%
Thiamine (Vitamin B1)(as thiamine mononitrate)	80 mg	5333%
Riboflavin (Vitamin B2)	80 mg	4706%
Niacin (as niacinamide)	80 mg	400%
Vitamin B6 (from pyridoxine HCl)	50 mg	2500%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	500 mcg	8333%
Biotin (as d-biotin)	600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (from calcium ascorbate and calcium citrate)	200 mg	20%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium ascorbate, magnesium oxide and magnesium citrate)	100 mg	25%
Zinc (from zinc ascorbate and zinc citrate)	25 mg	167%
Selenium (from l-selenomethionine)	200 mcg	286%
Copper (from copper glycinate)	2 mg	100%
Manganese (from manganese glycinate)	2 mg	100%
Chromium (from chromium nicotinate glycinate chelate)	200 mcg	167%
Molybdenum (from molybdenum glycinate)	75 mcg	100%
Potassium (from potassium citrate monohydrate)	99 mg	3%
Men's Health Blend	550 mg	*
Phytosterol Beta Sitosterol Complex 300 mg std to 40% Beta Sitosterol 120 mg		
Pomegranate Extract (<i>Punica granatum</i>)(fruit)100 mg std to 40% Ellagic Acid 40 mg		
Maca Extract (<i>Lepidium meyerii</i>) 50 mg std to 0.6% macamides 300 mcg		
Saw Palmetto Extract (<i>Serenoa serrulata</i>)(berries) 100 mg std to 45% Fatty Acids 45 mg		
Antioxidant Health Blend/Energy Blend	450 mg	*
Trans-Resveratrol (<i>Polygonum cuspidatum</i>) (root) 100 mg std to 50% trans-resveratrol 50 mg		
Co-Enzyme Q-10 (Ubidecarenone) 50 mg		
Alpha Lipoic Acid 100 mg		
Green Tea Extract Decaffeinated (<i>Camellia sinensis</i> L.kuntze)(leaf)100 mg std to 98% Polyphenols 98 mg std to 45% EGCG 45 mg		
Rhodiola Rosea Extract(<i>Rhodiola rosea</i>)(root) 100 mg std to 5% Rosavins 5 mg		
Eye Health Blend	5 mg	*
Lutein 3 mg		
Lycopene (from tomato extract) 1 mg		
Zeaxanthin 1 mg		

	Amount Per Serving	% Daily Value
Digestive Blend	200 mg	*
<i>Bacillus coagulans</i> (minimum 15 billion cfu/g) 100 mg		
Bromelain (2400 GDU/g) 50 mg		
Ginger Root Extract (<i>Zingiber officinale</i>)(root) 25 mg std to 5% Gingerols & Shogaols 1.25 mg		
Papain 2M (from papaya) 25 mg		
Vanadium (from vanadyl sulfate)	1 mg	*
Choline (from choline bitartrate)	25 mg	*
Inositol	25 mg	*
PABA (para-aminobenzoic acid)	25 mg	*
Black Pepper Extract (<i>Piper nigrum</i>)(fruit) std to 95% Piperine Alkaloids 4.75 mg	5 mg	*
Boron (as Boron Glycine Complex)	3 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, maltodextrin, dicalcium phosphate, stearic acid, sterotex NF (hydrogenated cottonseed oil), calcium sulfate, starch, silica, hydroxypropyl methylcellulose, mangesium stearate, croscarmellose sodium, natural vanilla, polyethylene glycol.

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

DIRECTIONS: As a dietary supplement, take three (3) 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 inner seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.

learn more at
vsquality.net

K P 7

51 9

Item No.
VS-3225
1869437