

At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis that world-class facilities guarantees that all Vitamin World® products are at the highest standard of potency and purity.

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

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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NUTRITION FROM THE SOURCE™

ULTRA  
MAN™

50 PLUS

DAILY MULTI | HIGH POTENCY

PERFORMANCE FORMULA FOR MEN OVER 50

MEN'S HEALTH\*

TIMED RELEASE

Product No. 17311  
B67192 11E

60 COATED CAPLETS  
DIETARY SUPPLEMENT

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

## Supplement Facts

| Serving Size 2 Caplets                                                  |                |
|-------------------------------------------------------------------------|----------------|
| Servings Per Container 30                                               |                |
| Amount Per Serving                                                      | %Daily Value   |
| Vitamin A (as Beta-Carotene and Vitamin A Acetate)                      | 5,000 IU 100%  |
| Vitamin C (as Ascorbic Acid)                                            | 300 mg 500%    |
| Vitamin D (as D3 Cholecalciferol)                                       | 2,000 IU 500%  |
| Vitamin E (as d-Alpha Tocopheryl Acetate)                               | 30 IU 100%     |
| Vitamin K (as Phytonadione)                                             | 80 mcg 100%    |
| Thiamin (Vitamin B-1) (as Thiamin Mononitrate)                          | 30 mg 2,000%   |
| Riboflavin (Vitamin B-2)                                                | 30 mg 1,765%   |
| Niacin (as Niacinamide)                                                 | 30 mg 150%     |
| Vitamin B-6 (as Pyridoxine Hydrochloride)                               | 30 mg 1,500%   |
| Folic Acid                                                              | 400 mcg 100%   |
| Vitamin B-12 (as Cyanocobalamin)                                        | 100 mcg 1,667% |
| Biotin                                                                  | 500 mcg 167%   |
| Pantothenic Acid (as d-Calcium Pantothenate)                            | 30 mg 300%     |
| Calcium (as Calcium Carbonate, Dicalcium Phosphate and Calcium Citrate) | 290 mg 29%     |
| 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%    |
| Potassium (as Potassium Chloride)                                       | 30 mg 1%       |

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                | %Daily Value |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Choline Bitartrate                                                                                                                                                                                                                                                                                                                                                                                                                                | 10 mg **     |
| Inositol                                                                                                                                                                                                                                                                                                                                                                                                                                          | 10 mg **     |
| Boron (as Bororganic Glycine)                                                                                                                                                                                                                                                                                                                                                                                                                     | 2 mg **      |
| Vanadium (as Sodium Metavanadate)                                                                                                                                                                                                                                                                                                                                                                                                                 | 10 mcg **    |
| UM50+ Amino Acid Blend                                                                                                                                                                                                                                                                                                                                                                                                                            | 50 mg **     |
| L-Glutamine, L-Valine, L-Cysteine, L-Leucine, L-Isoleucine, L-Methionine, Taurine, L-Acetyl L-Carnitine Hydrochloride, L-Arginine, L-Carnitine                                                                                                                                                                                                                                                                                                    | 120 mg **    |
| UM50+ Bio-Active Blend                                                                                                                                                                                                                                                                                                                                                                                                                            | 120 mg **    |
| Flax ( <i>Linum usitatissimum</i> ) (seed), Saw Palmetto Extract ( <i>Serenoa repens</i> ) (fruit), Pumpkin Seed ( <i>Cucurbita pepo</i> ), Lycopene                                                                                                                                                                                                                                                                                              | 50 mg **     |
| Citrus Bioflavonoid Complex ( <i>Citrus limon</i> ) (peel), Carrot Extract, Broccoli Extract, Grape Seed Extract ( <i>Vitis vinifera</i> ), Bilberry Extract ( <i>Vaccinium myrtillus</i> ) (fruit), Elderberry ( <i>Sambucus nigra</i> ) (fruit), Black Currant ( <i>Ribes nigrum</i> ) (fruit), Alpha Lipoic Acid, Co-Enzyme Q-10, Resveratrol from ( <i>Polygonum cuspidatum</i> ) (root), Pine Bark Extract ( <i>Pinus pinaster</i> ), Lutein | 50 mg **     |
| UM50+ Vitality Blend                                                                                                                                                                                                                                                                                                                                                                                                                              | 100 mg **    |
| Green Tea ( <i>Camellia sinensis</i> ) (leaf), Cayenne Pepper ( <i>Capiscum annuum</i> ) (fruit), Spirulina, Ginkgo Biloba ( <i>Ginkgo biloba</i> ) (leaf), Neuro-PS® Phosphatidylserine                                                                                                                                                                                                                                                          | 100 mg **    |

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Contains <2% of: Acacia Gum, Calcium Silicate, Gelatin, Natural Palm Leaf Glaze, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains milk and soy ingredients.

TO REORDER PROD. #17311  
www.vitaminworld.com  
1-800-228-4533

Carefully Manufactured for Vitamin World, Inc.  
Holbrook, NY 11741 U.S.A.  
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Servings Per Container 30

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|                                                                                                                                                |           |
|------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
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| Inositol                                                                                                                                       | 10 mg **  |
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| Vanadium (as Sodium Metavanadate)                                                                                                              | 10 mcg ** |
| UM50+ Amino Acid Blend                                                                                                                         | 50 mg **  |
| L-Glutamine, L-Valine, L-Cysteine, L-Leucine, L-Isoleucine, L-Methionine, Taurine, N-Acetyl L-Carnitine Hydrochloride, L-Arginine, L-Carnitine | 120 mg ** |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                   |           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| UM50+ Bio-Active Blend                                                                                                                                                                                                                                                                                                                                                                                                                            | 120 mg ** |
| Flax ( <i>Linum usitatissimum</i> ) (seed), Saw Palmetto Extract ( <i>Serenoa repens</i> ) (fruit), Pumpkin Seed ( <i>Cucurbita pepo</i> ), Lycopene                                                                                                                                                                                                                                                                                              | 50 mg **  |
| UM50+ Herbal Blend                                                                                                                                                                                                                                                                                                                                                                                                                                | 50 mg **  |
| Citrus Bioflavonoid Complex ( <i>Citrus limon</i> ) (peel), Carrot Extract, Broccoli Extract, Grape Seed Extract ( <i>Vitis vinifera</i> ), Bilberry Extract ( <i>Vaccinium myrtillus</i> ) (fruit), Elderberry ( <i>Sambucus nigra</i> ) (fruit), Black Currant ( <i>Ribes nigrum</i> ) (fruit), Alpha Lipoic Acid, Co-Enzyme Q-10, Resveratrol from ( <i>Polygonum cuspidatum</i> ) (root), Pine Bark Extract ( <i>Pinus pinaster</i> ), Lutein | 100 mg ** |

|                                                                                                                                                                                          |           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| UM50+ Vitality Blend                                                                                                                                                                     | 100 mg ** |
| Green Tea ( <i>Camellia sinensis</i> ) (leaf), Cayenne Pepper ( <i>Capiscum annuum</i> ) (fruit), Spirulina, Ginkgo Biloba ( <i>Ginkgo biloba</i> ) (leaf), Neuro-PS® Phosphatidylserine | 100 mg ** |

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**WARNING:** This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, 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 at room temperature. Do not use if seal under cap is broken or missing.

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Carefully Manufactured for  
Vitamin World, Inc.  
Holbrook, NY 11741 U.S.A.  
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50 PLUS

DAILY MULTI  
HIGH POTENCY

PERFORMANCE FORMULA  
FOR MEN OVER 50

Energy Metabolism\*

Sexual Health\*

Heart Health\*

Immune Health\*

MEN'S HEALTH\*

60 COATED CAPLETS  
DIETARY SUPPLEMENT

TIMED RELEASE

To maintain optimal health and wellness, mature men should focus on getting plenty of exercise, eating a balanced diet, and getting all of the nutrients their body requires. Ultra Man™ 50 Plus is designed with the specific nutrients men need most, to help keep you moving at full speed. Unlike conventional multivitamins, Ultra Man™ 50 Plus is enhanced with important nutrients not commonly found in a multivitamin such as Flaxseed, Amino Acids and more.

## ENERGY METABOLISM

High potency B-vitamins are included to support carbohydrate, fat and protein metabolism.\* These essential vitamins support energy metabolism by helping your body convert food to energy.\*

## SEXUAL HEALTH

The essential mineral Zinc is one of the most important nutrients for men as it plays a key role in sexual and reproductive health.\*

## HEART HEALTH

Provides vital nutrients to support heart and circulatory health.\* Also contains potent levels of Vitamin B-6, B-12 and Folic Acid, which work synergistically to support cardiovascular health by maintaining homocysteine levels already within a normal range.\*

## IMMUNE HEALTH

High potency amounts of Vitamins C and E support a healthy immune system.\*

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