

ULTRA MAN™

BALANCED NUTRITIONAL SYSTEM

TO REORDER ITEM # 18121

DIRECTIONS: For adult men, take one (1) packet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	25	Chromium (as Chromium Picolinate)	200 mcg 167%
Calories from Fat	20	Molybdenum (as Sodium Molybdate)	72 mcg 96%
Total Fat	2 g 3%**	Chloride (as Potassium Chloride)	27 mg 1%
Polysaturated Fat	1.5 g ***	Potassium (as Potassium Chloride)	30 mg 1%
Cholesterol	5 mg 2%	Alpha Lipoic Acid	10 mg ***
Total Carbohydrate	1 g <1%**	Choline (as Choline Bitartrate)	10 mg ***
Protein	<1 g 1%**	Inositol	10 mg ***
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU 100%	Boron (as Bororganic Glycine)	2 mg ***
Vitamin C (as Ascorbic Acid)	300 mg 500%	Vanadium (as Sodium Metavanadate)	10 mcg ***
Vitamin D (as D3 Cholecalciferol)	4,000 IU 1,000%	Proprietary Amino Acid Blend	650 mg ***
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%	(L-Arginine, Taurine, L-Glutamine, L-Valine, L-Cysteine, L-Leucine, N-Acetyl Carnitine Hydrochloride, L-Isoleucine, L-Carnitine, L-Methionine)	
Vitamin K (as Phytionadione)	75 mcg 94%	Men's Bioactive Blend	440 mg ***
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%	(Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit), Pumpkin Seed (<i>Cucurbita pepo</i>), Lycopene)	
Riboflavin (Vitamin B-2)	50 mg 2,941%	Antioxidant Cardio Blend	170 mg ***
Niacin (as Niacinamide)	50 mg 250%	(Coenzyme Q-10, Citrus Bioflavonoid Complex (<i>Citrus limon</i>) (peel), Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit), Elderberry (<i>Sambucus nigra</i>) (fruit), Black Currant (<i>Ribes nigrum</i>) (fruit), Grape Seed Extract (<i>Vitis vinifera</i>), Brussels Sprout Extract, Kale Extract, Cauliflower Extract, Celery Seed Extract (<i>Apium graveolens</i>), Carrot Extract, Broccoli Extract, Cabbage Extract, Resveratrol from <i>Polygonum cuspidatum</i> Extract (root), Lutein)	
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%	Fish Oil	1,360 mg (1.3 g) ***
Folic Acid	400 mcg 100%	Typical Fatty Acid Profile:	
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%	EPA (Eicosapentaenoic Acid)† (Omega-3) 46%	***
Biotin (as d-Biotin)	1,000 mcg 333%	DHA (Docosahexaenoic Acid)† (Omega-3) 18%	***
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 500%		
Calcium (as Calcium Carbonate, Dicalcium Phosphate, Calcium Citrate, Calcium Silicate and d-Calcium Pantothenate)	100 mg 10%		
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	50 mg 13%		
Zinc (as Zinc Oxide)	15 mg 100%		
Selenium (as Sodium Selenate)	200 mcg 286%		
Copper (as Copper Oxide)	2 mg 100%		
Manganese (as Manganese Gluconate)	2 mg 100%		

Other Ingredients: Gelatin, Vegetable Cellulose, Vegetable Glycerin, Soybean Oil, Rice Bran Oil, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Mixed Natural Tocopherols, Soy Lecithin, Silica, Corn Oil, Titanium Dioxide Color, Natural Palm Leaf Glaze, Vanillin.

DAILY MULTI-PACKS

Contains milk, fish (anchovy, mackerel, sardine) and soy ingredients.

†As Ethyl Esters

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, including blood thinners, 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 outer wrap is missing or torn.

*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.

B55382 (67217, 19939, 2386, 16105, 291, 90)

TO REORDER ITEM # 18121
www.puritan.com
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PURITAN'S PRIDE, INC.
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Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

Ultra Man™ Daily Multi-Packs is a special combination of vitamins, minerals and herbs designed to help men meet some of their most important daily nutrient requirements.

ULTRA MAN™

DAILY MULTI-PACKS

PREMIUM PERFORMANCE HEALTHY LIFESTYLE PROGRAM FOR MEN

BALANCED NUTRITIONAL SYSTEM

NOT ACTUAL SIZE



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healthy choices for healthy living

ULTRA MAN™

BALANCED NUTRITIONAL SYSTEM

DAILY MULTI-PACKS

PREMIUM PERFORMANCE HEALTHY LIFESTYLE PROGRAM FOR MEN

- Energy Metabolism*
- Sexual Health*
- Supports Busy Lifestyles
- Prostate Health*
- Antioxidant Vitamins C & E
- Eye Health*
- Heart & Circulatory Health*

30 DAY SUPPLY PACKETS

DIETARY SUPPLEMENT

4000 IU
of Vitamin D
per pack



Multivitamin & Mineral Supplement

Ultra Man™ Daily Multi-Packs is a multiple vitamin and mineral supplement with over 20 nutrients and a proprietary Amino Acid blend. Formulated with high potency vitamins to support bone density, immune system health, nervous system health and more.*



Sexual Health

Ultra Man™ Daily Multi-Packs feature the essential mineral Zinc, which is an important nutrient for men as it plays a key role in sexual and reproductive health.* Zinc is important for production of the male hormone, testosterone.*



Energy Metabolism

The B Vitamin Complex is made up of several essential nutrients that work together to support energy metabolism, nervous system health and overall well-being.* Taken every day, our high-potency complex provides nourishment for your busy lifestyles.



Antioxidant & Eye Health

Vitamins C and E are well known for their antioxidant benefits—helping to neutralize free radicals that can otherwise cause cellular damage.* Vitamin A as Beta-Carotene provides additional antioxidant support while also helping to promote healthy vision.*



Heart & Circulatory Health

Omega fatty acids are important nutrients. Omega-3 fatty acids are some of the "good" fats important for cellular, heart and metabolic health.* Ultra Man™ Daily Multi-Packs contain omega-3 fatty acids, EPA and DHA, plus Vitamin E to support cardiovascular health.*



Prostate Health Support

Saw Palmetto extract, derived from the berry of the Saw Palmetto tree, is one of the leading herbs for men's health.* Saw Palmetto contains phytochemicals, which support prostate and urinary health in men.*