



Ultimate Man[®]

high potency
multivitamin • multimineral

energy production*

immune*

antioxidant*

180 Tablets • Dietary Supplement

gluten
free

dairy
free

nut
free

actual size

Supplement Facts Serving Size 2 Tablets, Servings Per Container: 90, Ingredients Per Serving: Vitamin A (as Vitamin A acetate and beta carotene) 5,000 IU (100% DV), Vitamin C (as Active C[®] (as Tri-Sorb[™] Proprietary Blend as calcium ascorbate, magnesium ascorbate and zinc ascorbate)) 300 mg (500% DV), Vitamin D3 (as cholecalciferol) 1000 IU (250% DV), Vitamin E (as d-alpha tocopherol succinate) 30 IU (100% DV), Vitamin K (as phytonadione) 80 mcg (100% DV), Thiamine (Vitamin B1) (as thiamine mononitrate) 50 mg (3333% DV), Riboflavin (Vitamin B2) 50 mg (2941% DV), Niacin (as niacinamide) 50 mg (250% DV), Vitamin B6 (as pyridoxine HCl) 50 mg (2500% DV), Folate (as folic acid) 400 mcg (100% DV), Vitamin B12 (as cyanocobalamin) 50 mcg (833% DV), Biotin (as d-biotin) 300 mcg (100% DV), Pantothenic Acid (as d-calcium pantothenate) 50 mg (500% DV), Calcium (as calcium carbonate, Active C[®] and dicalcium phosphate) 200 mg (20% DV), Iodine (as potassium iodide) 150 mcg (100% DV), Magnesium (as magnesium oxide and Active C[®]) 25 mg (6% DV), Zinc (as zinc oxide and Active C[®]) 25 mg (167% DV), Selenium (as selenium amino acid chelate) 200 mcg (286% DV), Copper (as copper gluconate) 2 mg (100% DV), Manganese (as manganese sulfate) 2 mg (100% DV), Chromium (as chromium amino acid chelate) 120 mcg (100% DV), Molybdenum (as molybdenum amino acid chelate) 75 mcg (100% DV), Fruit & Veggie Blend: 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) 105 mg (* DV), Amino Acid Blend: Taurine, L-Methionine, L-Glutamine, L-Arginine (as L-Arginine HCl), L-Carnitine (as L-Carnitine Tartrate) 100 mg (* DV), Alpha Lipoic Acid 50 mg (* DV), Green Tea Extract (Camellia sinensis)(leaf) std to 98% Polyphenols (47.5 mg) std to 40% EGCG (20 mg) 50 mg (* DV), Grape Seed Extract (Vitis vinifera)(seed) std to 95% Proanthocyanidins (23.8 mg) 25 mg (* DV), Pomegranate Extract (Punica granatum)(fruit) std to 40% Elagic Acid (10 mg) 25 mg (* DV), Choline (as choline bitartrate) 10 mg (* DV), Inositol 10 mg (* DV), Black Pepper Concentrate 5 mg (* DV), Silica (as silicon dioxide) 4 mg (* DV), Boron (as boron amino acid chelate) 2 mg (* DV), Lutein 1 mg (* DV), Lycopene 1 mg (* DV), Vanadium (as vanadyl sulfate) 1 mg (* DV), Astaxanthin 50 mcg (* DV), Zeaxanthin 50 mcg (* DV)

* Daily Value not established.

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

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, Citrus, 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 inner seal is broken or missing.

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