

## [ THE CLEAN & LEAN ALTERNATIVE ]

**ETB Bare Essentials for Him** contains 20+ Vitamins and Minerals to bring you the most complete multivitamin specially formulated for men. Formulated with PABA (para-aminobenzoic acid), a non-protein amino acid, which prevents folate deficiency. This is important because folic acid is a requirement for protein metabolism, the production of red blood cells, the formation of DNA, and for a healthy brain and nervous system.

**DIRECTIONS:** Take 2-3 tablets with breakfast.

**"SOME DAYS YOU EAT THE BEAR, SOME DAYS THE BEAR EATS YOU."**

**WARNING:** For use as a dietary supplement only by healthy adults age 18 and over. Do not use this product if you are nursing, pregnant, or attempting to become pregnant. Do not use for more than 12 weeks. Consult your physician before using this or any other dietary supplement. Do not take this product if you have any pre-existing medical conditions or if you are using prescription medication. If you experience any adverse reaction to this product, discontinue use and contact your health care provider. Use this product only as directed. User assumes all risks, liabilities, and consequences in regards to testing under sports organizations where certain ingredients may be prohibited. Do not use this product if the safety seal is broken or missing. Never exceed the recommended serving. **KEEP AWAY FROM CHILDREN.**

### WHY BARE ESSENTIALS?

20+ VITAMINS & MINERALS

INCREASED STAMINA

PROSTATE SUPPORT

BONE & HEART HEALTH

CONTAINS NATURAL INGREDIENTS

**ETB** provides clean and lean dietary supplements to support pure achievement. We seek to engender a sense of mental and physical well-being to enable individuals to overcome obstacles and push through life's challenges.

**ETBFIT.COM**

ETB North America, LLC, Charlotte, NC 28202

**BOOSTS  
ENERGY**

**PROSTATE  
SUPPORT**

**IMMUNE  
FUNCTION**

**HEART  
HEALTH**



**EAT THE BEAR**

**MULTIVITAMIN**

# BARE ESSENTIALS HIS MULTI

90 CAPSULES



| Supplement Facts                                                    |                    |               |
|---------------------------------------------------------------------|--------------------|---------------|
| Serving Size: 3 Tablets<br>Servings Per Container: 30 Servings      |                    |               |
|                                                                     | Amount Per Serving | % Daily Value |
| Vitamin A (as beta-carotene)                                        | 7,500 IU           | 150%          |
| Vitamin C (as ascorbic acid)                                        | 300 mg             | 600%          |
| Vitamin D (as cholecalciferol)                                      | 400 IU             | 100%          |
| Vitamin E (as d-alpha-tocopheryl succinate)                         | 200 IU             | 667%          |
| Vitamin K (as phytonadione)                                         | 100 mcg            | 125%          |
| Thiamin (as thiamin HCl)                                            | 50 mg              | 3,333%        |
| Riboflavin                                                          | 30 mg              | 2,841%        |
| Niacin (as niacin)                                                  | 100 mg             | 100%          |
| Vitamin B <sub>6</sub> (as pyridoxine HCl)                          | 50 mg              | 2,500%        |
| Folate (as folic acid)                                              | 400 mcg            | 100%          |
| Vitamin B <sub>12</sub> (as cyanocobalamin)                         | 200 mcg            | 3,333%        |
| Biotin                                                              | 400 mcg            | 133%          |
| Pantothenic acid (as D-calcium pantothenate)                        | 55 mg              | 666%          |
| Calcium (as calcium citrate)                                        | 200 mg             | 20%           |
| Iodine (from kelp)                                                  | 100 mcg            | 67%           |
| Magnesium (as magnesium oxide)                                      | 100 mg             | 25%           |
| Zinc (as zinc glycinate)                                            | 30 mg              | 200%          |
| Selenium (as selenium amino acid complex)                           | 200 mcg            | 286%          |
| Copper (as copper glycinate)                                        | 2 mg               | 100%          |
| Manganese (as manganese amino acid chelate)                         | 4 mg               | 200%          |
| Chromium (as chromium picolinate)                                   | 100 mcg            | 60%           |
| Molybdenum (as molybdenum amino acid chelate)                       | 50 mcg             | 100%          |
| Potassium (as potassium amino acid complex)                         | 100 mg             | 3%            |
| Boron (as boron chelate)                                            | 4 mg               | "             |
| Vanadium (as sodium metavanadate)                                   | 25 mcg             | "             |
| Choline (as choline bitartrate)                                     | 10 mg              | "             |
| Inositol                                                            | 10 mg              | "             |
| PABA                                                                | 30 mg              | "             |
| Ashwagandha root extract                                            | 100 mg             | "             |
| Resveratrol                                                         | 50 mg              | "             |
| Black pepper fruit extract (Bayerwell)                              | 25 mg              | "             |
| Quercetin (as quercetin dihydrate)                                  | 25 mg              | "             |
| Bromelain                                                           | 25 mg              | "             |
| Green tea leaf extract (90% polyphenols, 75% catechins, & 45% EGCG) | 50 mg              | "             |
| Blueberry fruit extract                                             | 100 mg             | "             |
| Bilberry fruit extract                                              | 10 mg              | "             |
| Alpha lipoic acid                                                   | 20 mg              | "             |
| Elagic acid (from pomegranate fruit extract)                        | 50 mg              | "             |
| Turmeric root extract (95% curcuminoids)                            | 100 mg             | "             |
| Citrus seed extract (95% p-coumaroylcitronellol)                    | 20 mg              | "             |
| Lutein                                                              | 2 mg               | "             |
| Lycopene                                                            | 2 mg               | "             |
| Coenzyme Q10                                                        | 2 mg               | "             |
| * Daily values not established.                                     |                    |               |

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, stearic acid, film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose), magnesium stearate and silica.



THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.