

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
Calories	25
Calories from Fat	20
Total Fat	2 g 3%*
Polysaturated Fat	1.5 g ***
Cholesterol	5 mg 2%
Total Carbohydrate	1 g <1%*
Protein	<1 g 1%*
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	300 mg 500%
Vitamin D (as D3 Cholecalciferol)	4,000 IU 1,000%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%
Vitamin K (as Phylloquinone)	75 mcg 94%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg 3,333%
Riboflavin (Vitamin B-2)	50 mg 2,941%
Niacin (as Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%
Biotin (as d-Biotin)	1,000 mcg 333%
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%

Amount Per Serving

%Daily Value

Chromium (as Chromium Picolinate)

200 mcg 167%

Molybdenum (as Sodium Molybdate)

72 mcg 96%

Chloride (as Potassium Chloride)

27 mg 1%

Potassium (as Potassium Chloride)

30 mg 1%

Alpha Lipoic Acid

10 mg ***

Choline (as Choline Bitartrate)

10 mg ***

Inositol

10 mg ***

Boron (as Boronorganic Glycine)

2 mg ***

Vanadium (as Sodium Metavanadate)

10 mcg ***

Proprietary Amino Acid Blend

650 mg ***

(L-Arginine, Taurine, L-Glutamine, L-Valine, L-Cysteine, L-Leucine, N-Acetyl Carnitine Hydrochloride, L-Isoleucine, L-Carnitine, L-Methionine)

440 mg ***

Men's Bioactive Blend

170 mg ***

(Saw Palmetto Extract (Serenoa repens) (fruit), Pumpkin Seed (Cucurbita pepo), Lycopene)

170 mg ***

Antioxidant Cardio Blend

170 mg ***

(Coenzyme Q-10, Citrus Bioflavonoid Complex (Citrus limon) (peel), Bilberry Extract (Vaccinium myrtillus) (fruit), Elderberry (Sambucus nigra) (fruit), Black Currant (Ribes nigrum) (fruit), Grape Seed Extract (Vitis vinifera), Brussels Sprout Extract, Kale Extract, Cauliflower Extract, Celery Seed Extract (Apium graveolens), Carrot Extract, Broccoli Extract, Cabbage Extract, Resveratrol from Polygonum cuspidatum Extract (root), Lutein)

1,360 mg (1.3 g) ***

Fish Oil

1,360 mg (1.3 g) ***

Typical Fatty Acid Profile:

EPA (Eicosapentaenoic Acid)† (Omega-3) 48% ***

DHA (Docosahexaenoic Acid)† (Omega-3) 18% ***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

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.

855382 (67217, 19939, 2386, 16105, 291, 90)

TO REORDER ITEM # 18121

www.puritan.com

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Carefully Manufactured by

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.

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DAILY MULTI-PACKS

PREMIUM PERFORMANCE HEALTHY LIFESTYLE PROGRAM FOR MEN

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healthy choices for healthy living

4000 IU of Vitamin D per pack

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DAILY MULTI-PACKS

PREMIUM PERFORMANCE HEALTHY LIFESTYLE PROGRAM FOR MEN

30 DAY SUPPLY PACKETS

DIETARY SUPPLEMENT

• Energy Metabolism*

• Sexual Health*

• Supports Busy Lifestyles

• Prostate Health*

• Antioxidant Vitamins C & E

• Eye Health*

• Heart & Circulatory Health*

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.*