



Mens' Multi

A complete, high potency, vegetarian, multiple vitamin mineral supplement specifically designed for men's unique needs.*

Mens' Multi is a comprehensive formula exclusively for men that contains a combination of 58 nutrients, vitamins, minerals, amino acids, herbs, digestive enzymes, essential fatty acids and herbs including those most important for men like Saw Palmetto, Zinc, B6, Pygeum, Gamma Linolenic Acid, Lycopene and Nettle.*

Mens' Multi uses Natural Vitamin E (d-alpha tocopheryl succinate), the most active and natural form available.* It contains Vitamin C in the ascorbate form. It also contains balanced B vitamins to help manage stress, support immune system function and help reduce irritability.* B vitamins are important to proper circulatory function, for maintaining blood pressure within normal ranges and preserving proper cholesterol and homocysteine levels.*

Mens' Multi contains 13 minerals including Zinc, which is a trace mineral that is necessary for good immune response, enzyme activity, fertility and sexual function.* It also contains additional calcium (for bone health).*

L-Cysteine, L-Glutamine and DL-Methionine are amino acids necessary for increased mental energy and are in the pure crystalline form for immediate assimilation by the body.* L-Cysteine and DL-Methionine are sulfur containing amino acids that are enteric coated to help with absorption.* These amino acids also help support detoxification and liver function.*

Octacosanol and Betaine help support endurance, stamina and strength.*

Saw Palmetto, Nettle and Pygeum are three herbal extracts that are synergistically effective in promoting the proper functioning of the prostate gland.*

Alpha Lipoic Acid is an antioxidant that is both fat and water soluble and can extend the biochemical life of other antioxidants such as vitamins C, E and glutathione.*

Lycopene is a carotenoid extracted from tomatoes that is more potent than beta-carotene as a free radical scavenger.* Bladder, pancreas and prostate problems have all been associated with low levels of serum lycopene in the body.*

Hesperidin is a bioflavonoid that supports capillaries and connective tissue health.*

Bioperine® is a trademarked nutrient containing 95% alkaloid piperine extracted from the fruits of the black pepper. Bioperine® can increase the uptake of certain nutrients such as beta-carotene, Vitamin B6 and selenium.*

Gamma Linolenic Acid is an essential fatty acid necessary for the production of hormone-like substances in the body known as prostaglandins, in particular, prostaglandin E1 (PGE1). Aging, stress, degenerative and prostate disorders have all been associated with low levels of PGE1 in the body.*

Vegetarian Digestive Enzymes is a proprietary blend of vegetarian digestive enzymes that aid the body in digesting and absorbing food nutrients.*

Iron deficiencies among men are rare. If you're concerned about your iron levels, ask your physician to test you. Generally, men should avoid supplemental iron or foods enriched with iron. Iron overload in men has been associated with heart disease, arthritis and impotence.*

Supplement Facts

Serving Size: 2 Tablets

Amount Per Serving

Vitamin A (2000 IU as Palmitate & 7500 IU as beta-carotene)	9,500 IU
Vitamin C (as ascorbic acid and calcium ascorbate)	500 mg
Vitamin D3 (as Cholecalciferol)	200 IU
Vitamin E (as d-alpha tocopheryl succinate)	200 IU
Vitamin K1 (as Pytonadione)	2.5 mcg
Thiamin	35 mg
Riboflavin	35 mg
Niacin (as Niacinamide & Niacin)	35 mg
Vitamin B6 (as Pyridoxine HCl and Pyridoxal 5-Phosphate)	50 mg
Folic Acid	200 mcg
Vitamin B12 (as Methylcobalamin)	35 mcg
Biotin	150 mcg
Pantothenic Acid (as Calcium Pantothenate)	35 mg

Calcium (as Ca Citrate)	300 mg
Iodine (from kelp)	35 mcg
Magnesium (as Mg Oxide)	150 mg
Zinc (as Zn Gluconate)	15 mg
Selenium (as Se AAC)	25 mcg
Copper (as Cu AAC)	0.025 mg
Manganese (as Mn Gluconate)	2.5 mg
Chromium (as Cr Polynicotinate)†	25 mcg
Molybdenum (as Mo AAC)	25 mcg
Potassium (as K Citrate)	25 mg
Boron (as B AAC)	0.5 mg
Silicon (from Horsetail Rush)	3 mg
Vanadium (as V AAC)	10 mcg
Choline (as Choline Citrate)	35 mg
Inositol	35 mg
PABA (Para-aminobenzoic Acid)	35 mg
L-Cysteine (Enteric Coated)	50 mg
L-Glutamine	50 mg
DL-Methionine (Enteric Coated)	50 mg
L-Aspartic Acid	75 mg
Saw Palmetto	15 mg
Nettle	7.5 mg
Pygeum africanum Bark Powder	5 mg
Octacosanol (from sugar cane)	250 mcg
Soy Lecithin	50 mg
Gamma Linolenic Acid	5 mg
Alpha Lipoic Acid	5 mg
Lycopene	2.5 mg
Bioperine®	2.5 mg
RNA (Ribonucleic Acid)	5 mg
Mixed Citrus Bioflavonoids	50 mg
Hesperidin	12.5 mg
Rutin	12.5 mg
Pectin	12.5 mg
Betaine HCl	10 mg
Bromelain	2 mg
Papain	2 mg
A Proprietary Blend of Vegetarian Enzymes (Including Amylase, Protease, Lipase, Hemicellulase and Lactase)	4 mg
†ChromeMate® brand niacin-bound chromium.	

Other ingredients: stearic acid, cellulose, vegetable stearate, microcrystalline cellulose, silicon dioxide, pharmaceutical glaze.

Contains: Soy.

Suggested Use: As a dietary supplement, take 2 tablets with breakfast and 2 tablets with lunch, or as directed by your healthcare practitioner.

CHROMEMATE®

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BIOPERINE®

Bioperine® - Bioperine® (US Patents #5,536,506, #5,744,161, #5,972,382, and #6,054,585 & International Patents # EP0810868, JP3953513 and CA2247467) is a registered trademark of Sabinsa Corporation.

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