

## Essentials for Men™

### Supplement Facts

Serving Size 2 Tablets (Multiply amounts by 2 for total daily amount.)  
Servings per Container 60

Amount per Serving	% Daily Value**
<b>Vitamin A</b> (as beta carotene) 2,500IU	50%
<b>Vitamin C</b> (as calcium, magnesium and sodium ascorbates, Isa-C™ Complex) 60mg	100%
<b>Calcium</b> (as carbonate, ascorbate, hydroxyapatite, citrate and gluconate) 400mg	40%
<b>Vitamin D3</b> (as cholecalciferol) 500IU	125%
<b>Vitamin E</b> (as mixed tocopherols) 15IU	50%
<b>Vitamin K2</b> (as menaquinone) 40mcg	50%
<b>Vitamin B1</b> (as thiamin HCl) 3.75mg	250%
<b>Vitamin B2</b> (as riboflavin) 4.25mg	250%
<b>Vitamin B3</b> (as niacinamide) 10mg	50%
<b>Vitamin B6</b> (as pyridoxine HCl) 5mg	250%
<b>Folic Acid</b> 300mcg	75%
<b>Vitamin B12</b> (as cyanocobalamin) 7.5mcg	125%
<b>Biotin</b> 150mcg	50%
<b>Vitamin B5</b> (as pantothenic acid) 5mg	50%
<b>Iodine</b> (as kelp and potassium iodide) 100mcg	67%
<b>Magnesium</b> (as oxide, citrate, ascorbate and amino acid chelate) 100mg	25%
<b>Zinc</b> (as oxide, citrate and amino acid chelate) 7.5mg	50%
<b>Selenium</b> (as amino acid chelate) 50mcg	71%
<b>Copper</b> (as amino acid chelate) 1mg	50%
<b>Manganese</b> (as amino acid chelate) 1mg	50%
<b>Chromium</b> (as picolinate) 100mcg	83%
<b>Molybdenum</b> (as amino acid chelate) 37.5mcg	50%
<b>Potassium</b> (as citrate and iodide) 25mg	<1%
<b>Boron</b> (as citrate) 250mcg	*
<b>Vanadium</b> (as amino acid chelate) 2.5mcg	*
<b>Proprietary Blend</b> 180mg	†
Saw Palmetto ( <i>Serenoa repens</i> ), beta sitosterol, lycopene, alpha-lipoic acid, Grape ( <i>Vitis vinifera</i> ) seed extract, Green Tea ( <i>Camellia sinensis</i> ) leaf extract, Ionic Alfalfa™ ( <i>Medicago sativa</i> ), choline bitartrate, Pomegranate ( <i>Punica granatum</i> ) fruit extract, Milk Thistle ( <i>Silybum marianum</i> ) extract, N-acetyl-L-cysteine, citrus bioflavonoids, rutin, hesperidin	

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

† Daily Value not established

**Other Ingredients:** Microcrystalline cellulose, silica, sodium bicarbonate, cellulose gum, film coating (hydroxypropylmethylcellulose, hydroxypropylcellulose, glycerin and sodium copper chlorophyll), magnesium stearate (vegetable source)