

Complete Essentials™ Daily Pack for Men

Supplement Facts

Serving Size: 1 Pack
Servings per Container: 60

Amount per Serving	A.M. Pack		P.M. Pack	
	% Daily Value		% Daily Value	
Vitamin A (as beta carotene)	2500 IU	50%	2500 IU	50%
Vitamin C (as sodium, calcium and magnesium ascorbates)	580 mg	967%	60 mg	100%
Vitamin D3 (as cholecalciferol)	2500 IU	625%	2500 IU	625%
Vitamin E (as mixed and d-alpha tocopherols)	22 IU	73%	22 IU	73%
Vitamin K2 (as menaquinone)	40 mcg	50%	40 mcg	50%
Thiamin (as thiamin HCl)	3.75 mg	250%	3.75 mg	250%
Riboflavin	4.25 mg	250%	4.25 mg	250%
Niacin (as niacinamide)	10 mg	50%	10 mg	50%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%	5 mg	250%
Folic Acid	300 mcg	75%	300 mcg	75%
Vitamin B12 (as cyanocobalamin)	7.5 mcg	125%	7.5 mcg	125%
Biotin	150 mcg	50%	150 mcg	50%
Pantothenic Acid	5 mg	50%	5 mg	50%
Calcium (as carbonate, hydroxyapatite, citrate and gluconate)	400 mg	40%	400 mg	40%
Iodine (as kelp and potassium iodide)	100 mcg	67%	100 mcg	67%
Magnesium (as oxide, citrate and amino acid chelate)	100 mg	25%	100 mg	25%
Zinc (as oxide, citrate and amino acid chelate)	7.5 mg	50%	7.5 mg	50%
Selenium (as amino acid chelate)	50 mcg	71%	50 mcg	71%
Copper (as amino acid chelate)	1 mg	50%	1 mg	50%
Manganese (as amino acid chelate)	1 mg	50%	1 mg	50%
Chromium (as amino acid chelate)	100 mcg	83%	100 mcg	83%
Molybdenum (as amino acid chelate)	37.5 mcg	50%	37.5 mcg	50%
Potassium (as citrate and iodide)	25 mg	<1%	25 mg	<1%
Boron (as citrate)	250 mcg	¶	250 mcg	¶
Vanadium (as amino acid chelate)	2.5 mcg	¶	2.5 mcg	¶
Essentials for Men Proprietary Blend	180 mg	¶	180 mg	¶
Saw palmetto (<i>Serenoa repens</i>) fruit extract, 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>) leaf extract, choline bitartrate, pomegranate (<i>Punica granatum</i>) fruit extract, milk thistle (<i>Silybum marianum</i>) seed extract, N-acetyl-L-cysteine, citrus bioflavonoids, rutin, hesperidin				
CytoActives Complex	95 mg	¶	95 mg	¶
Coenzyme Q-10 (ubiquinone)	50 mg	¶	50 mg	¶
Resveratrol (from <i>Polygonum cuspidatum</i>)	25 mg	¶	25 mg	¶
Tocotrienols (as EVNoI SupraBio™)*	20 mg	¶	20 mg	¶
CytoActives Proprietary Blend	358 mg	¶	358 mg	¶
Conjugated linoleic acid, flax (<i>Linum usitatissimum</i>) seed oil, red grape (<i>Vitis vinifera</i>) fruit extract, alpha lipoic acid, pomegranate (<i>Punica granatum</i>) fruit extract, wolfberry (<i>Lycium chinense</i>) fruit extract, ashwagandha (<i>Withania somnifera</i>) root extract, turmeric (<i>Curcuma longa</i>) root extract				
IsaOmega Concentrate	1020 mg	¶	1020 mg	¶
Total omega-3 fatty acids	600 mg	¶	600 mg	¶
EPA (eicosapentaenoic acid)	300 mg	¶	300 mg	¶
DHA (docosahexaenoic acid)	240 mg	¶	240 mg	¶
Other omega-3 fatty acids	60 mg	¶	60 mg	¶
IsaOmega Proprietary 5 6 9 Complex	110 mg	¶	110 mg	¶
Pomegranate (<i>Punica granatum</i>) seed oil (70% omega-5), evening primrose (<i>Oenothera biennis</i>) seed oil (9% omega-6 GLA), borage (<i>Borago officinalis</i>) seed oil (15% omega-9), flax (<i>Linum usitatissimum</i>) seed oil				
C-Lyte Proprietary Blend	40 mg	¶	0 mg	¶
Quercetin dihydrate, citrus bioflavonoids, Ionic Alfalfa™ (<i>Medicago sativa</i>) leaf extract, grape (<i>Vitis vinifera</i>) seed extract				

¶ Daily Value not established.

Other Ingredients: Gelatin, purified water, glycerin (vegetable source), microcrystalline cellulose, cellulose, monoglyceride oil, vegetable capsules, silicon dioxide, cellulose gum, sodium bicarbonate, natural lemon flavor, magnesium stearate (vegetable source), antioxidant complex (mixed tocopherols, rosemary oil extract, sunflower oil, ascorbyl palmitate), natural lime flavor, natural caramel color, sunflower lecithin, calcium carbonate, carnauba wax, sodium copper chlorophyll

Contains fish (sardine & anchovy) ingredients.

SAM Packet only

EVNoI SupraBio™ is a trademark of ExcelVite Inc and protected by US Patent No 6,596,306.

*from RSPO-certified sustainable palm oil

Note: If you are pregnant, breastfeeding, or have a medical condition, consult your physician before using this product. Discontinue use if adverse reaction occurs. For ages 18+.



GLUTEN-FREE

DAIRY-FREE