

# Complete Essentials™ Daily Pack for Men

## Supplement Facts

Serving Size 1 Pack

Amount per Serving	A.M. Pack		P.M. Pack	
		% Daily Value		% Daily Value
Vitamin A (as beta carotene)	450mcg RAE	50%	450mcg RAE	50%
Vitamin C (as sodium, calcium and magnesium ascorbates and ascorbic acid)	610mg	678%	90mg	100%
Vitamin D3 (as cholecalciferol)	70mcg	350%	70mcg	350%
Vitamin E (as mixed and d-alpha tocopherols)	19.7mg	131%	19.7mg	131%
Vitamin K2 (as menaquinone)	60mcg	50%	60mcg	50%
Thiamin (as thiamin HCl)	3mg	250%	3mg	250%
Riboflavin	3.25mg	250%	3.25mg	250%
Niacin (as niacinamide)	8mg NE	50%	8mg NE	50%
Vitamin B6 (as pyridoxine HCl)	4.25mg	250%	4.25mg	250%
Folate (as folic acid and L-5-methylfolate calcium salt)	300mcg DFE (180mcg folic acid)	75%	300mcg DFE (180mcg folic acid)	75%
Vitamin B12 (as cyanocobalamin)	6mcg	250%	6mcg	250%
Biotin	15mcg	50%	15mcg	50%
Pantothenic Acid	11.25mg	225%	11.25mg	225%
Calcium (as carbonate, hydroxyapatite, citrate and gluconate)	390mg	30%	390mg	30%
Iodine (as kelp and potassium iodide)	75mcg	50%	75mcg	50%
Magnesium (as oxide, citrate and amino acid chelate)	105mg	25%	105mg	25%
Zinc (as oxide, citrate and amino acid chelate)	7.7mg	70%	7.7mg	70%
Selenium (as amino acid chelate)	38.5mcg	70%	38.5mcg	70%
Copper (as amino acid chelate)	0.45mg	50%	0.45mg	50%
Manganese (as amino acid chelate)	1.15mg	50%	1.15mg	50%
Chromium (as amino acid chelate)	17.5mcg	50%	17.5mcg	50%
Molybdenum (as amino acid chelate)	22.5mcg	50%	22.5mcg	50%
Potassium (as citrate and iodide)	25mg	<1%	25mg	<1%
Boron (as citrate)	250mcg	¶	250mcg	¶
Vanadium (as amino acid chelate)	2.5mcg	¶	2.5mcg	¶
Essentials for Men Proprietary Blend	180mg	¶	180mg	¶
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, rutin, pomegranate ( <i>Punica granatum</i> ) fruit extract, milk thistle ( <i>Silybum marianum</i> ) seed extract, N-acetyl-L-cysteine, citrus bioflavonoids, hesperidin				
CytoActives Complex	95mg	¶	95mg	¶
Coenzyme Q10 (ubiquinone)	50mg	¶	50mg	¶
Resveratrol (from <i>Polygonum cuspidatum</i> )	25mg	¶	25mg	¶
Tocotrienols (as EVNol SupraBio™)*	20mg	¶	20mg	¶
CytoActives Proprietary Blend	358mg	¶	358mg	¶
Conjugated linoleic acid (CLA), 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	1020mg	¶	1020mg	¶
Total omega-3 fatty acids	600mg	¶	600mg	¶
EPA (eicosapentaenoic acid)	300mg	¶	300mg	¶
DHA (docosahexaenoic acid)	240mg	¶	240mg	¶
Other omega-3 fatty acids	60mg	¶	60mg	¶
IsaOmega Proprietary 5 6 9 Complex	110mg	¶	110mg	¶
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	40mg	¶	0mg	¶
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 capsule, 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.**

SA.M. pack only.

\*From RSPO-certified sustainable palm oil.

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GLUTEN-FREE

DAIRY-FREE