



# Essentials For Men™

Health functional food that provide men with 23 essential vitamins and minerals.

## WHAT IS Essentials For Men™ ?

Essentials For Men™ is responsible for balancing 13 vitamins and 10 minerals that men need.

It is a health functional food containing multi-vitamin&mineral.

It provides ingredients that meet the recommended daily nutritional standards of Korean adult males (excluding beta-carotene, iron, calcium, magnesium) and is reinforced 13 additional ingredients.

## WHY NEEDS Essentials For Men™ ?

Easily improve nutritional imbalances in busy daily lives.

You can supplement nutrition according to various lifestyle and health goals.

It's easy to get essential-nutrients that your body can't synthesize.

## HOW DOES Essentials For Men™ WORK?

Essentials For Men™ is a multi-vitamin&mineral containing health functional food that balances the 13 vitamins and 10 minerals that men need, which can easily improve the nutritional imbalance in their busy lives.

- Beta carotene - Needed for visual response in dark places / Needed to form mucous membranes and maintain function / Needed to develop epithelial cell growth
- Vitamin B1 - Needed for carbohydrate and energy metabolism
- Vitamin B6 - Helps the body utilize proteins and amino acids / Needed to keep the blood homocysteine level normal
- Niacin, Vitamin B2 - Necessary for energy production in the body
- Biotin, Pantothenic acid - Needed for fat, carbohydrate, protein metabolism and energy generation
- Folic acid - Needed for cell and blood production / Needed for normal development of the embryo neural tube / Needed to keep the blood homocysteine level normal
- Vitamin B12 - Needed for normal folic acid metabolism
- Vitamin C - Needed to form and maintain function a connective tissue / Needed to absorb iron / Needed to protect cells from harmful oxygen
- Magnesium - Needed to use energy / Needed to maintain nerve and muscle function
- Zinc - Needed for normal immune function / Normal cell division
- Iron - Needed for oxygen transport and blood production in the body / Needed for energy generation
- Calcium, Vitamin D, Vitamin K - Helps reduce risk of osteoporosis, necessary for bone health
- Vitamin E, Copper, Manganese, Selenium - Protect cells from harmful oxygen
- Iodine - Needed to synthesize thyroid hormone / Needed to generate energy / Needed to develop nerves
- Molybdenum - Needed for the activation of oxidizing-recombining enzymes

## HOW TO USE:

Take 2 tablets twice a day with water



**For more information, please contact your Isagenix Independent Associate.**



Republic of Korea