

Essentials for Men™

Supplement Facts

Serving Size 2 Tablets
Servings per Container 60

	Amount per Serving	% Daily Value
Vitamin A (as beta carotene)	450mcg RAE	50%
Vitamin C (as calcium, magnesium and sodium ascorbates)	90mg	100%
Vitamin D3 (as cholecalciferol)	20mcg	100%
Vitamin E (as mixed tocopherols)	15mg	100%
Vitamin K2 (as menaquinone)	60mcg	50%
Thiamin (as thiamin HCl)	3mg	250%
Riboflavin	3.25mg	250%
Niacin (as niacinamide)	8mg NE	50%
Vitamin B6 (as pyridoxine HCl)	4.25mg	250%
Folate (as folic acid and L-5-methylfolate calcium salt)	300mcg DFE (180 mcg folic acid)	75%
Vitamin B12 (as cyanocobalamin and methylcobalamin)	6mcg	250%
Biotin	15mcg	50%
Pantothenic acid	11.25mg	225%
Calcium (as carbonate, citrate and gluconate)	390mg	30%
Iodine (as kelp and potassium iodide)	75mcg	50%
Magnesium (as oxide, citrate and amino acid chelate)	105mg	25%
Zinc (as oxide, citrate and amino acid chelate)	7.7mg	70%
Selenium (as amino acid chelate)	38.5mcg	70%
Copper (as amino acid chelate)	0.45mg	50%
Manganese (as amino acid chelate)	1.15mg	50%
Chromium (as amino acid chelate)	17.5mcg	50%
Molybdenum (as amino acid chelate)	22.5mcg	50%
Boron (as citrate)	250mcg	¶
Vanadium (as amino acid chelate)	2.5mcg	50%

Proprietary Blend 180mg ¶

Saw palmetto (*Serenoa repens*) fruit extract, beta sitosterol, lycopene, alpha lipoic acid, grape (*Vitis vinifera*) seed extract, green tea (*Camellia sinensis*) leaf extract, Ionic Alfalfa™ (*Medicago sativa*) leaf extract, choline bitartrate, rutin, pomegranate (*Punica granatum*) fruit extract, milk thistle (*Silybum marianum*) seed extract, N-acetyl-L-cysteine, citrus bioflavonoids, hesperidin

¶ Daily Value not established.

Other Ingredients: Microcrystalline cellulose, film coating (cellulose, glycerin, sodium copper chlorophyll), silicon dioxide, sodium bicarbonate, cellulose gum, magnesium stearate (vegetable source)



SOY-FREE



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN