

Essentials for Men™

Each Tablet Contains:	
Thiamin hydrochloride (vit B1)	6.75mg
Riboflavin (vit B2)	6.75mg
Nicotinic acid (Vit B3)	6.31mg
Pyridoxine hydrochloride (vit B6)	12.2mg
Folic acid	125mcg
Cyanocobalamin (vit B12)	2.5mcg
Calcium pantothenate (vit B5)	21.74mg
Calcium citrate hydrate	4.88mg
Equiv. Calcium 1mg	
Calcium carbonate	527.03mg
Equiv. Calcium 195mg	
<i>Laminaria digitata</i> (Kelp) blade and stem powder	8.33mg
Equiv. Iodine 25mcg	
Magnesium oxide heavy	146.55mg
Equiv. Magnesium 85mg	
Magnesium citrate	105.63mg
Equiv. Magnesium 16.27mg	
Zinc amino acid chelate	833mcg
Equiv. Zinc 250mcg	
Copper gluconate	3.65mg
Equiv. Copper 500mcg	
Manganese amino acid chelate	2.63mg
Equiv. Manganese 500mcg	
Chromium picolinate	104mcg
Equiv. Chromium 12.5mcg	
Citrus bioflavonoids extract	17.5mg
Rutin	11.56mg
Hesperidin	1.66mg
Beta carotene	982mcg
Calcium ascorbate	30.49mg
Equiv. Ascorbic acid 25mg	
Equiv. Calcium 3mg	
Magnesium ascorbate	3.05mg
Equiv. Ascorbic acid 2.5mg	
Equiv. Magnesium 200mcg	
Sodium ascorbate	2.81mg
Equiv. Ascorbic acid 2.5mg	
Hydroxyapatite	13.64mg
Equiv. Calcium 3mg	
Calcium gluconate	11.66mg
Equiv. Calcium 1mg	
Mixed tocopherols (high-alpha type)	7.54mg
Phytomenadione	20mcg
Biotin	75mcg
Potassium iodide	34.77mcg
Equiv. Iodine 25mcg	
Zinc oxide	3.75mg
Equiv. Zinc 3mg	
Zinc citrate dihydrate	1.61mg
Equiv. Zinc 500mcg	
Selenomethionine	94mcg
Equiv. Selenium 37.5mcg	
Potassium citrate	34.72mg
Equiv. Potassium 12.5mg	
Borax	1.11 mg
Equiv. Boron 125mcg	
R-alpha lipoic acid	5mg
Choline bitartrate	2.82mg
Cysteine hydrochloride	2.56mg
Lycopene	1mg
Herbal extracts equivalent to dry:	
<i>Medicago sativa</i> (Alfalfa) leaf	22.5mg
<i>Serenoa repens</i> (Saw Palmetto) fruit	100mg
<i>Vitis vinifera</i> (Grape) fruit	2.5g
<i>Camellia sinensis</i> (Green Tea) leaf	100mg
<i>Punica granatum</i> (Pomegranate) fruit	8mg
<i>Silybum marianum</i> (Milk Thistle) seed	80mg