

Complete Essentials™ with IsaGenesis® Daily Pack for Men

Supplement Facts

Serving Size 1 Pack

	A.M. Pack		P.M. Pack	
Amount per Serving	% Daily Value		% Daily Value	
Vitamin A (as beta carotene)	1450mcg RAE	161%	1450mcg RAE	161%
Vitamin C (as sodium, calcium and magnesium ascorbates and ascorbic acid)	623mg	692%	103mg	114%
Vitamin D3 (as cholecalciferol)	70mcg	350%	70mcg	350%
Vitamin E (as mixed and d-alpha tocopherols)	23mg	153%	23mg	153%
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 and methylcobalamin)	18mcg	750%	18mcg	750%
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 (*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

	A.M. Pack		P.M. Pack	
Amount per Serving	% Daily Value		% Daily Value	
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				
IsaGenesis Proprietary Blend	1280mg	†	1280mg	†
Milk thistle (<i>Silybum marianum</i>) seed extract, flax (<i>Linum usitatissimum</i>) seed oil, phosphatidylcholine, turmeric (<i>Curcuma longa</i>) root extract, green tea (<i>Camellia sinensis</i>) leaf extract, giant knotweed (<i>Polygonum cuspidatum</i>) root extract, horny goat weed (<i>Epimedium sagittatum</i>) herb top extract, pomegranate (<i>Punica granatum</i>) fruit extract, ashwagandha (<i>Withania somnifera</i>) root extract, grape (<i>Vitis vinifera</i>) seed extract, boswellia (<i>Boswellia serrata</i>) gum resin extract, blueberry (<i>Vaccinium angustifolium</i>) fruit extract, N-acetyl-L-cysteine, bilberry (<i>Vaccinium myrtillus</i>) fruit extract, R-alpha lipoic acid, L-glutathione, Asian ginseng (<i>Panax ginseng</i>) root extract, bacopa (<i>Bacopa monnieri</i>) whole plant extract, raspberry (<i>Rubus idaeus</i>) fruit extract, canola lecithin, harada (<i>Terminalia chebula</i>) fruit extract, quercetin dihydrate, velvet bean (<i>Mucuna pruriens</i>) seed extract, maca (<i>Lepidium meyenii</i>) root extract, goldthread (<i>Coptis chinensis</i>) root extract, shilajit extract, acacia-thorn mimosa (<i>Acacia nilotica</i>) bark extract, black tea (<i>Camellia sinensis</i>) leaf extract, white tea (<i>C. sinensis</i>) leaf extract, proprietary carotenoid blend (lutein, zeaxanthin)				

† Daily Value not established.

SA.M. pack only.

*From RSPO-certified sustainable palm oil.

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