

Men's Nutrients

Multivitamin/mineral complex for men over 40[†]

INDICATIONS

Support for men over 40[†]

BENEFITS

- Combines superior mineral cofactors, activated vitamins and antioxidants to support optimal health[†]
- Promotes endurance, macular integrity, cardiovascular health, prostate function and prostate cell health[†]

FEATURES

- MacularSynergy Complex[†]: Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.[†]
- ProstaProtect Plus[†]: Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea. Synergistic cofactors include selenium, vitamin D and zinc.[†]
- Cardio Polyphenol Complex[†]: Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.[†]
- EnduraBoost Blend[†]: Combines astragalus and maca to promote cellular energy, endurance and stamina.[†]

VERIFIABLE SCIENCE

Formula with activated vitamins and superior mineral chelates for optimal absorption.¹ Yeast-derived selenium, vitamin D and zinc for prostate health.² Metafolin[®], L-5-MTHF, is the naturally occurring universally metabolized form of folate.³ MacularSynergy Complex[†] enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.⁴ ProstaProtect Plus[†] supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea. Synergistic cofactors include selenium, vitamin D and zinc.⁵⁻¹¹ Cardio Polyphenol Complex[†] maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.^{12,13} EnduraBoost Blend[†] combines astragalus and maca

to promote cellular energy, endurance and stamina.^{14†}

SUGGESTED USE

As a dietary supplement, take 3 capsules, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood-thinning medication, consult your health professional before use.

SOURCE

- Mixed carotenoids: *Blakeslea trispora*
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Vitamin D₃: as cholecalciferol (D₃)
- Vitamin E: soybean oil
- Vitamin K₁: synthetic
- Vitamin B₁ (thiamine HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide and Niacin: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (methylcobalamin): corn dextrose fermentation
- Folate (Metafolin[®], L-5-MTHF): synthetic
- Biotin: synthetic
- Alpha lipoic acid: synthetic
- Selenium: selenized yeast (*Saccharomyces cerevisiae*)
- Minerals: naturally derived from limestone

Sources of the mineral chelates include:

- Citrate: corn dextrose fermentation

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- Glycinate: synthetic
 - Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin
 - Saw palmetto extract is derived from *Serenoa repens* fruit and standardized to contain 45% total fatty acids
 - *Pygeum africanum* extract is derived from the bark and standardized to contain 2.5% total sterols
 - Green tea extract is derived from *Camellia sinensis* and standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG)
 - Red wine concentrate is derived from *Vitis vinifera* whole grape and standardized to contain 25% polyphenols
 - Grape seed extract is derived from *Vitis vinifera* seed and standardized to contain 92% polyphenols
 - Pomegranate extract is derived from *Punica granatum L.* whole fruit and standardized to contain 40% punicosides
 - Maca extract (4:1) is derived from *Lepidium meyenii* tuber
 - Certified *Cordyceps sinensis* is derived from mycelia
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 10. Marshall DT, et al. *J Clin Endocrinol Metab*. 2012 Jul;97(7):2315-24.
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 12. Park E, et al. *Br J Nutr*. 2016 Jan;115(2):226-38.
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NOTES

Size 00 caps

Bottle counts 180, 360

Order codes MENN1, MENN3

Bottle sizes 20 oz, 26 oz

REFERENCES

1. McKay DL, et al. *J Am Coll Nutr*. 2000;19:613-21.
2. Karunasinghe N, et al. *Nutrients*. 2019 Dec 18;12(1):2.
3. Prinz-Langenohl R, et al. *Br J Pharmacol*. 2009 Dec; 158(8): 2014-21.
4. Beatty S, et al. *Ophthalmology*. 2013 Mar;120(3):600-6.
5. Gerber GS, et al. *Urology*. 2001 Dec;58(6):960-4; discussion 964-5.

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SUPPLEMENT FACTS

3 capsules, 1-2 times daily, with meals.

Three (size 00) vegetarian capsules contain:

Vitamin A (as beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	125 mg
Vitamin D (as cholecalciferol) (D ₃)	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Vitamin K (as vitamin K ₁)	50 mcg
Thiamin (as thiamin HCl) (B ₁)	12.5 mg
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Choline (as choline bitartrate)	20 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (from selenium yeast)	100 mcg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg
Inositol	62.5 mg
Alpha lipoic acid	37.5 mg
MacularSynergy Complex[†]	
FloraGLO [®] lutein	3 mg
Zeaxanthin	500 mcg
ProstaProtect Plus[†]	
Saw palmetto (<i>Serenoa repens</i>) extract (fruit) (standardized to contain 45% total fatty acids)	160 mg

Pygeum (*Pygeum africanum*) extract (bark) (standardized to contain 2.5% total sterols) 25 mg

Lycopene 500 mcg

Green tea (*Camellia sinensis*) (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG)) 25 mg

Cardio Polyphenol Complex[†]

Red wine grape (*Vitis vinifera*) concentrate (whole fruit) (standardized to contain 25% total polyphenols) 50 mg

Grape (*Vitis vinifera*) extract (seed) (standardized to contain 92% polyphenols) 50 mg

Pomegranate (*Punica granatum*) extract (whole fruit) (standardized to contain 40% punicosides) 25 mg

EnduraBoost Blend[†]

Maca (*Lepidium meyenii*) extract (tuber) 100 mg

Astragalus (*Astragalus membranaceus*) extract (root) 50 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

Selenomax[®] (high selenium yeast). Selenomax[®] is a registered trademark of Nutrition 21, Inc.

*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is a trademark of DSM.

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.

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Men's Nutrients	Quantity	Order Code
	360	MENN3
	180	MENN1

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[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.