

# ACTIVE MAN'S FORMULA

Multi-Purpose Supplement to  
Support a Man's Active Lifestyle

*Dietary Supplement*

Supplement Facts	Serving Size: 3 Tablets	
Amount Per Serving		% DV
Vitamin A (as beta carotene)	10,000 iu	200%
Vitamin C (from ascorbic acid)	300 mg	500%
Vitamin D (from fish liver oil)	400 iu	100%
Vitamin E (as d-alpha)	100 iu	333%
Vitamin B-1 (as thiamine HCl)	50 mg	3,333%
Vitamin B-2 (as riboflavin)	50 mg	2,941%
Niacin (as niacin, niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Calcium (as carbonate, citrate)	50 mg	5%
Iron (as amino acid chelate)	5 mg	28%
Iodine (from kelp)	150 mcg	100%
Magnesium (as oxide, citrate)	200 mg	50%
Zinc (as monomethionine)**	15 mg	100%
Selenium (as amino acid chelate)	100 mcg	143%
Copper (as amino acid chelate)	100 mcg	5%
Manganese (as amino acid chelate)	10 mg	500%
Chromium (as polynicotinate)***	140 mcg	117%
Molybdenum (as amino acid chelate)	10 mcg	13%
Potassium (as chloride, amino acid complex)	99 mg	3%
Maca ( <i>Lepidium meyenii</i> ) root extract**** (Standardized to 0.6 % [0.6 mg] macamides and macaenes)	100 mg	*
<i>Tribulus terrestris</i> aerial parts extract (40 % [40 mg] tribulosides)	100 mg	*
<i>Muira puama</i> powder	35 mg	*
Colostrum	100 mg	*
<i>Panax ginseng</i> root extract (Standardized to 5 % [10 mg] ginsenosides)	200 mg	*
Green tea ( <i>Camellia sinensis</i> ) extract (50% [50 mg] Catechins)	100 mg	*
Saw Palmetto ( <i>Serenoa repens</i> ) Berry Extract (Standardized to 35%-45% [28-36 mg] Fatty Acids and Sterols)	80 mg	*
<i>Pygeum africanum</i> bark extract (3.7 % [0.55 mg] Beta-sitosterol)	15 mg	*
Lycopene (from tomatoes)	1 mg	*
Policosanol Complex	2 mg	*
Guggulipid ( <i>Commiphora mukul</i> ) extract (2.5% [0.625 mg] guggulsterones)	25 mg	*
Soy ( <i>Glycine max</i> ) bean extract***** (2.5-3.5 % [1.8-2.6 mg] isoflavones)	75 mg	*
Grape ( <i>Vitis vinifera</i> ) seed extract	5 mg	*
Passion flower extract	30 mg	*
Hops strobiles extract	20 mg	*

\*Daily Value not established

**Contains No Added** sugar, salt, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take three (3) tablets daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

**Other Ingredients:** May contain one or more of the following: magnesium stearate, cellulose, modified cellulose gum, vegetable stearin, dicalcium phosphate, silica, and food glaze. Contains milk.

\*\*From L-OptiZinc™, \*\*\*From ChromeMate™, \*\*\*\*From MacaPure™, \*\*\*\*\*From SoyLife™

**QUALITY AND POTENCY  
GUARANTEED.**

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