



FIRST ESSENTIALS® FOR MEN

MULTIVITAMIN FOR MEN

Are you:

- A male who is looking for a superior multivitamin/mineral supplement?
- A male who is concerned with maintaining a healthy prostate?
- A male who needs to improve his diet?

The Problem:

The human body systems are always in a state of repair. The body constantly rids itself of used cells and attempts to replace them with new, healthier cells in order to continue the normal body processes necessary to function. However, in today's society, our diet largely consists of over-processed, overcooked foods with little nutrients. This leaves the body depleted of vital nutrients necessary for cell regeneration.

And while the body is always trying to regenerate itself with a nutritionally deficient diet, there are also chronic body conditions that must be addressed. These conditions include iron deficiencies, diabetes, hypertension, etc. Without the right diet or nutritional supplementation, these conditions worsen and can become chronic or even fatal.

The Solution:

The solution to this nutritionally deficient epidemic is proper supplementation. Let's face it, eating the right diet each day is virtually impossible. While we may be able to eat a healthy diet, there are other genetic and environmental factors that we don't know how to address nutritionally, since we may not know they exist. This is why FirstFitness has created First Essentials. First Essentials is a powerful multivitamin complex especially formulated to address the nutritional needs of men.

First Essentials contains 45 synergistic components, which provide antioxidants, vitamins, chelated minerals—and special, targeted nutrition to help the reproductive system.

The Results:

- This unique formulation includes antioxidants, vitamins, chelated minerals, phytonutrients, botanical extracts and other vital factors. These nutrients have been determined as key factors in assisting with increased longevity, improved cognitive enhancements, and overall nutritional wellness.
- Can contribute to a comprehensive program for optimal health, disease prevention and a maximum, healthy lifespan.
- Assists with important antioxidant support to help neutralize free radicals
- Helps improve libido, reproductive functions and lean muscle growth
- Contains Saw Palmetto and Stinging Nettle extract for improved prostate health
- Can help alleviate stress levels
- Provides regular blood sugar support
- Supplies B-Complex vitamins as part of the daily diet,, and aids in energy metabolism



Item #1705 (90 caplets)

KEY BENEFITS:

Promotes a healthy immune system

Contains vitamins, minerals, antioxidants, and botanicals

Supports healthy bone structure and growth

Contains chelated nutrients which improves food absorption

Improves overall nutritional health with antioxidants, vitamins, and minerals

SUPPLEMENT FACTS

Serving Size: 3 Caplets
Servings per Container: 30

	Amount per serving	%DV
Vitamin A (as Retinyl Palmitate, mixed Carotenes, and 34% as Beta Carotene)	9000 IU	180%
Vitamin C (as Ascorbic acid, Ascorbyl Palmitate)	300 mg	500%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopherol, mixed Tocopherols, Tocotrienols, dl-alpha Tocopheryl)	200 IU	667%
Vitamin K (as Phytonadione)	150 mcg	188%
Thiamin (as Thiamine HCL)	50 mg	3333%
Riboflavin	35 mg	2059%
Niacin (as Niacinamide, Inositol Hexanicotinate)	125 mg	625%
Vitamin B-6 (as Pyridoxine HCL)	50 mg	2500%
Folic Acid	600 mcg	150%
Vitamin B-12 (as Cyanocobalamin)	60 mcg	1000%
Biotin	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	125 mg	1250%
Calcium (as Coral Calcium, Calcium Citrate, d-Calcium Pantothenate)	200 mg	20%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Citrate, Magnesium Oxide)	200 mg	50%
Zinc (as Zinc Amino Acid Chelate)	20 mg	133%
Selenium (as Selenomethionine, Amino Acid Chelate)	150 mcg	214%
Copper (as Copper Sebacate)	2 mg	100%
Manganese (Manganese as Amino Acid Chelate)	5 mg	250%
Chromium (as Chromium Polynicotinate)	150 mcg	125%
Molybdenum (Molybdenum as Amino Acid Chelate)	100 mcg	133%
Boron (as Boron Amino Acid Chelate)	3 mg	**
Silicon (as Silicon Dioxide)	25 mg	**
Vanadium (as Vanadyl Sulfate)	20 mcg	**
Choline (as Choline Bitartrate)	50 mg	**
Rutin	50 mg	**
Hesperidin Bioflavonoid Complex	100 mg	**
PABA	50 mg	**
Inositol	75 mg	**
EXCLUSIVE MALE PHYTONUTRIENT/ANTIOXIDANT COMPLEX	250 mg**	
Saw Palmetto Fruit Extract, Stinging Nettle Root Extract, Tribulus Fruit Extract, Alfalfa Leaf Extract, Lycopene, Lutein, Gamma Oryzanol, Beta-Sitosterol		

** Daily Value (DV) not established

Other Ingredients: Pharmaceutical Glaze, Stearic Acid, Magnesium Stearate, Croscarmellose Sodium

CONTAINS NO Yeast, Corn, Milk, Egg, Soy, Glutens, Artificial Colors, Artificial Flavors, Added Sugar, Starch or Preservatives

RECOMMENDED USE: Take 3 caplets, with a meal, once a day.

*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.