



## Multi-Vitamin/Mineral

- Supports men's health\*
- Contains essential vitamins, minerals & antioxidants\*
- Enhances immune system\*

Men's Formula

#1705 - 90 caplets - \$34.95

### S U P P L E M E N T F A C T S

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%
Thiamine (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%

#### Other Ingredients:

Pharmaceutical Glaze, Stearic Acid, Magnesium Stearate, Croscarmellose Sodium.

#### Directions:

Take 3 caplets, with a meal, once a day.

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.

## Targeted Nutrition for Men

**First Essentials** for **Men** contains a special combination of select vitamins, minerals, antioxidants, and other nutrient-rich ingredients that provide targeted nutrition for men.\*

**First Essentials** for **Men**'s unique formulation is designed to help support a healthy immune system, bone health, prostate health, and whole body wellness.\*

**First Essentials** for **Men** also contains Saw Palmetto and Stinging Nettle extract for improved prostate health, enhanced libido, and muscle function, making it the most complete multi-vitamin on the market.\*