

# Men's Pure Pack

Comprehensive daily packet providing core nutrients, calcium, vitamin D<sub>3</sub>, CoQ10, fish oil and saw palmetto<sup>‡</sup>

## INDICATIONS

- Ages 18 and up
- Energy and stamina support<sup>‡</sup>
- Cardiovascular, macular and prostate health support<sup>‡</sup>
- Optimized for men over 40<sup>‡</sup>

## BENEFITS

- Provides essential nutrients for men<sup>‡</sup>
- Supports healthy prostate function<sup>‡</sup>
- Promotes cardiovascular health, cellular energy production and endurance<sup>‡</sup>
- Supports macular and retinal health<sup>‡</sup>

## FEATURES

- Vitamins and minerals in highly bioavailable forms
- Omega-3 fatty acids (EPA and DHA) from ultra-pure, microfiltered fish oil
- Convenient, once-daily packet
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Men's Pure Pack is designed to promote cardiovascular, macular and prostate health with a comprehensive profile of bioavailable vitamins, chelated minerals, fish oil and functional bioactives. Vitamin and minerals act as cofactors to support energy production and other metabolic processes.<sup>1,2</sup> The herbal adaptogens astragalus and maca support immune function and stamina, respectively.<sup>3-5</sup> Omega-3 fatty acids, CoQ<sub>10</sub> and polyphenols from pomegranate, red wine concentrate and grape seed extract promote healthy cardiovascular function.<sup>6-8</sup> Saw palmetto and pygeum support prostate function, while lycopene and green tea help maintain healthy prostate cell health.<sup>9,10</sup> Lutein, zeaxanthin and nutrient cofactors maintain the integrity of the macula and retina.<sup>11‡</sup>

## SUGGESTED USE

As a dietary supplement, take 1 packet daily (8 capsules), with a meal.

## 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 healthcare practitioner 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.

## NOTES

Box count 30 packets

Order code MPPB3

Each packet contains: 8 capsules

Men's Nutrients: 3 vegetarian capsules

EPA/DHA essentials: 1 softgel capsule

Vitamin D<sub>3</sub>: 1 vegetarian capsule

CoQ<sub>10</sub>: 1 vegetarian capsule

Magnesium (citrate): 1 vegetarian capsule

Saw Palmetto Plus: 1 softgel capsule

## REFERENCES

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9. Aliaev IG, et al. *Urologiia*. 2013 Jul-Aug;(4):32-6.
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<sup>‡</sup>This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Comprehensive daily packet providing core nutrients, calcium, vitamin D<sub>3</sub>, CoQ10, fish oil and saw palmetto<sup>‡</sup>

## SUPPLEMENT FACTS

Take 1 packet daily (8 capsules), with a meal.

### Eight capsules contain:

|  |                                |
|--|--------------------------------|
| Calories   | 20                             |
| Total fat  | 2 g                            |
| Cholesterol  | < 5 mg                         |
| Vitamin A (as beta carotene)   | 1,125 mcg                      |
| Vitamin C (as ascorbic acid)   | 125 mg                         |
| Vitamin D (as cholecalciferol) (D <sub>3</sub> )   | 37.5 mg (1,500 IU)             |
| Vitamin E<br>(as d-alpha tocopherol succinate and natural tocopherols)                                   | 40 mg                          |
| Vitamin K (as vitamin K <sub>1</sub> )   | 50 mcg                         |
| Thiamin (as thiamin HCl) (B <sub>1</sub> )   | 12.5 mg                        |
| Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate<br>(activated B <sub>2</sub> ))    | 17.4 mg                        |
| Niacin (as niacin and 67% niacinamide)   | 37.5 mg                        |
| Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate<br>(activated B <sub>6</sub> )) | 10.4 mg                        |
| Folate (as Metafolin®, L-5-MTHF)   | 667 mcg DFE (400 mcg L-5-MTHF) |
| Vitamin B <sub>12</sub> (as methylcobalamin)   | 250 mcg                        |
| Biotin   | 400 mcg                        |
| Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )   | 25 mg                          |
| Choline (as choline bitartrate)  | 20 mg                          |
| Calcium (as calcium citrate)   | 100 mg                         |
| Iodine (as potassium iodide)   | 100 mcg                        |
| Magnesium (as magnesium citrate)   | 250 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)   | 49 mg                          |
| Boron (as boron glycinate)   | 1 mg                           |
| Vanadium (as bis-glycinato oxo vanadium)   | 50 mcg                         |
| Proprietary mixed carotenoid blend<br>(as lutein, lycopene, zeaxanthin)                                  | 212 mcg                        |
| Inositol   | 62.5 mg                        |
| Alpha lipoic acid  | 37.5 mg                        |
| Coenzyme Q <sub>10</sub>   | 60 mg                          |
| FloraGLO® lutein   | 3 mg                           |
| Zeaxanthin   | 500 mcg                        |
| Lycopene   | 500 mcg                        |

|  |          |
|--|----------|
| Green tea (Camellia sinensis) extract (leaf)<br>(standardized to contain 65% total tea catechins and<br>23% epigallocatechin (EGCG)) | 25 mg    |
| Red wine grape (Vitis vinifera) concentrate (whole fruit)<br>(standardized to contain 25% total polyphenols)                         | 50 mg    |
| Grape (Vitis vinifera) extract (seed)<br>(standardized to contain 92% polyphenols)   | 50 mg    |
| Pomegranate (Punica granatum) extract (whole fruit)<br>(standardized to contain 40% punicosides)                                     | 25 mg    |
| Maca (Lepidium meyenii) extract (tuber)  | 100 mg   |
| Astragalus (Astragalus membranaceus) extract (root)  | 50 mg    |
| Saw palmetto (Serenoa repens) extract (fruit)<br>(standardized to contain 212 mg total fatty acids)                                  | 320 mg   |
| Pumpkin (Cucurbita pepo) oil (seed) (fresh pressed)  | 320 mg   |
| Nettle (Urtica dioica) extract (root)  | 200 mg   |
| Pygeum (Pygeum africanum) extract (bark)   | 45 mg    |
| Fish oil concentrate (anchovies, sardines, mackerel)   | 1,000 mg |
| Providing:   |          |
| EPA (eicosapentaenoic acid)  | 300 mg   |
| DHA (docosahexaenoic acid)   | 200 mg   |

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, sunflower lecithin, beeswax, carob

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

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

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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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### Contains fish (anchovies, sardines, mackerel)

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| Men's Pure Pack | Quantity   | Order Code |
|-----------------|------------|------------|
|                 | 30 packets | MPPB3      |

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