

# Men's Pure Pack

Comprehensive daily packet providing core nutrients, magnesium, vitamin D<sub>3</sub>, CoQ<sub>10</sub>, 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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5. Stone M, et al. *J Ethnopharmacol*. 2009 Dec 10;126(3):574-6.
6. Ebrahimi M, et al. *Acta Cardiol*. 2009 Jun;64(3):321-7.
7. Burke BE, et al. *South Med J*. 2001 Nov;94(11):1112-7.
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9. Aliaev IG, et al. *Urologija*. 2013 Jul-Aug;(4):32-6.

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10. Ishani A, et al. *Am J Med.* 2000 Dec 1;109(8):654-64.
11. Hammond BR, et al. *Invest Ophthalmol Vis Sci.* 2014 Dec 2;55(12):8583-9.

## 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 (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 (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin <sup>®</sup> , 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)	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
Coenzyme Q <sub>10</sub>	60 mg
FloraGLO <sup>®</sup> lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (standardized to contain 65% total tea catechins and 23% epigallocatechin (EGCG))	25 mg

Red wine grape ( <i>Vitis vinifera</i> ) concentrate (whole fruit) (standardized to contain 25% total polyphenols)	50 mg
Grape ( <i>Vitis vinifera</i> ) extract (seed) (standardized to contain 92% polyphenols)	50 mg
Pomegranate ( <i>Punica granatum</i> ) extract (whole fruit) (standardized to contain 40% punicosides)	25 mg
Maca ( <i>Lepidium meyenii</i> ) extract (tuber)	100 mg
Astragalus ( <i>Astragalus membranaceus</i> ) extract (root)	50 mg
Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit) (standardized to contain 212 mg total fatty acids)	320 mg
Pumpkin ( <i>Cucurbita pepo</i> ) oil (seed) (fresh pressed)	320 mg
Nettle ( <i>Urtica dioica</i> ) extract (root)	200 mg
Pygeum ( <i>Pygeum africanum</i> ) 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<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

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

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

Zeaxanthin is sourced from OPTISHARP<sup>®</sup> brand. OPTISHARP<sup>®</sup> is a trademark of DSM.

ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> & logo are trademarks of Lonza or its affiliates.

Kaneka Q10<sup>®</sup> is a U.S. registered trademark of Kaneka Corporation.

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

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Men's Pure Pack	Quantity	Order Code
	30 packets	MPPB3

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.