

**Contains No** 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:** Cellulose, stearic acid, cellulose gum, silica, magnesium stearate, dicalcium phosphate, modified cellulose and pharmaceutical glaze. Contains milk and soy.

\*\* From L-OptiZinc®

^ From ChromeMate®

§ From SoyLife™

**KEEP OUT OF REACH OF CHILDREN.**

# Active Man's Formula

**MULTI-PURPOSE SUPPLEMENT TO  
SUPPORT A MAN'S ACTIVE LIFESTYLE**

*Dietary Supplement*

90 Tablets

## SUPPLEMENT FACTS

Serving Size: 3 Tablets

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

\*Daily Value not established