

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.

**Other Ingredients:** Cellulose, vegetable stearin, food glaze, silica, magnesium stearate, and dicalcium phosphate. Contains milk and soy.

\*\* From L-OptiZinc® ^From ChromeMate®  
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§ From SoyLife™

**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.**

**KEEP OUT OF REACH OF CHILDREN.**

# Active Man's Formula

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

*Dietary Supplement*  
180 Tablets

## SUPPLEMENT FACTS

Serving Size: 3 Tablets

Servings Per Container 60

	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as beta carotene)	3,000 mcg RAE (10,000 IU)	333%	Panax ginseng root extract (Standardized to 5% [10 mg] ginsenosides)	200 mg *
Vitamin C (as ascorbic acid)	300 mg	333%	Colostrum	100 mg *
Vitamin D (from fish liver oil)	10 mcg (400 IU)	50%	Green tea (Camellia sinensis) leaf extract (50% [50 mg] Catechins)	100 mg *
Vitamin E (as d-alpha succinate)	82.6 mg	551%	Maca (Lepidium meyenii) root extract (Standardized to 0.6% [0.6 mg] macamides and macaenes)	100 mg *
Vitamin B-1 (as thiamine HCl)	50 mg	4,167%	Tribulus terrestris aerial parts extract (40% [40 mg] tribulosides)	100 mg *
Vitamin B-2 (as riboflavin)	50 mg	3,846%	Saw Palmetto (Serenoa repens) Berry Extract (Standardized to 35%-45% [28-36 mg] Fatty Acids and Sterols)	80 mg *
Niacin (as niacinamide)	50 mg	313%	Soy (Glycine max) bean extract (2.5-3.5% [1.8-2.6 mg] isoflavones)	75 mg *
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,941%	Muira puama bark powder	35 mg *
Folate (400 mcg folic acid)	680 mcg DFE	170%	Passion flower (Passiflora Incarnata) extract	30 mg *
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%	Guggulipid (Commiphora mukul) gum extract (2.5% [0.625 mg] guggulsterones)	25 mg *
Biotin	50 mcg	167%	Hops strobiles (Humulus lupulus) extract	20 mg *
Pantothenic Acid (as calcium pantothenate)	50 mg	1,000%	Pygeum africanum bark extract (3.7% [0.55 mg] Beta-sitosterol)	15 mg *
Calcium (from carbonate, citrate)	50 mg	4%	Grape (Vitis vinifera) seed extract	5 mg *
Iron (from amino acid chelate)	5 mg	28%	Policosanol Complex	2 mg *
Iodine (from kelp)	150 mcg	100%	Lycopene (from tomatoes)	1 mg *
Magnesium (from oxide, citrate)	200 mg	48%		
Zinc (from monomethionine)**	15 mg	136%		
Selenium (from amino acid chelate)	100 mcg	182%		
Copper (from copper oxide)	0.1 mg	11%		
Manganese (from sulfate monohydrate)	10 mg	435%		
Chromium (from polynicotinate)^	140 mcg	400%		
Molybdenum (from amino acid chelate)	10 mcg	22%		
Potassium (from chloride, amino acid complex)	99 mg	2%		

\*Daily Value (DV) not established

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