# Men's Daily Pack

Vitamin & Mineral Complex
with a Food-Based Blend /
Essential Fatty Acids / Herbal Extracts

**Dietary Supplement Packets**

## Supplement Facts

Serving Size 1 Packet (3 capsules / 1 softgel / 3 tablets)

Servings Per Container:

| Amount Per Serving | | %Daily Value |
|---|---|---|
| Vitamin A (as 67% beta-carotene / 33% palmitate) | 4,500 mcg | 500% |
| Vitamin C (as ascorbic acid) | 500 mg | 556% |
| Vitamin D (as cholecalciferol) | 15 mcg | 75% |
| Vitamin E (as d-Alpha tocopheryl succinate / acetate) | 73 mg | 489% |
| Thiamin (as thiamine mononitrate) | 50 mg | 4,167% |
| Riboflavin | 50 mg | 3,846% |
| Niacin | 10 mg | 63% |
| Vitamin B-6 (as pyridoxine HCl) | 53 mg | 3,088% |
| Folate | 680 mcg DFE (400 mcg folic acid) | 170% |
| Vitamin B-12 (as methylcobalamin) | 100 mcg | 4,167% |
| Biotin | 100 mcg | 333% |
| Pantothenic Acid (as d-calcium pantothenate) | 20 mg | 400% |
| Choline (as choline bitartrate) | 30 mg | 5% |
| Calcium (from calcium carbonate / dicalcium phosphate / citrate / amino acid chelate / hydroxyapatite / gluconate / lactate / orotate / malate / succinate) | 675 mg | 52% |
| Phosphorus (as dicalcium phosphate) | 111 mg | 9% |
| Magnesium (as magnesium oxide / amino acid chelate) | 350 mg | 83% |
| Zinc (as zinc oxide / amino acid chelate) | 40 mg | 364% |
| Selenium (as amino acid chelate) | 50 mcg | 91% |
| Copper (as copper gluconate / cupric oxide) | 0.45 mg | 50% |
| Manganese (as manganese sulfate) | 2 mg | 87% |
| Chromium (as chromium polynicotinate) | 50 mcg | 143% |
| Potassium (as potassium citrate) | 50 mg | 1% |
| Enzyme & Probiotic Complex (Consisting of Bromelain, Papain, Amylase, Lipase, and LactoSpore® [*Bacillus coagulans*]) | 75 mg | * |
| Spirulina | 500 mg | * |
| Wheat Grass Powder (aerial plant) | 200 mg | * |
| Safflower Powder (flower) | 100 mg | * |
| Lecithin | 75 mg | * |
| Inositol | 75 mg | * |
| Citrus Bioflavonoids 50% Complex | 50 mg | * |
| Gotu Kola Powder (aerial parts) | 50 mg | * |
| *Echinacea purpurea* Root Powder | 25 mg | * |
| Green Tea Leaf 98% Extract | 25 mg | * |
| PABA (*para*-Aminobenzoic Acid) | 15 mg | * |
| Psyllium Husk Powder (hulls) | 15 mg | * |
| Oat 10:1 Extract (aerial parts) | 15 mg | * |

| Amount Per Serving | | %Daily Value |
|---|---|---|
| Apple (fruit) Pectin | 15 mg | * |
| Chlorophyll (as sodium copper chlorophyllin) | 15 mg | * |
| Octacosanol | 15 mcg | * |
| Peat Extract (providing all 72 naturally-occurring trace minerals) | 3 mg | * |
| Kelp (thallus) | 210 mcg | * |
| Boron (as boron amino acid chelate) | 2027 mcg | * |
| CLA Complex (from safflower oil) (80% conjugated linoleic acid [ethyl ester form]) | 290 mg | * |
| GLA Complex (from borage seed oil) (18.5% gamma linolenic acid) | 262 mg | * |
| ALA Complex (from flaxseed oil) (50% alpha linolenic acid) | 150 mg | * |
| Fish Oil (esterified) Providing | | |
| EPA (Eicosapentaenoic Acid) (ethyl ester form) | 125 mg | * |
| DHA (Docosahexaenoic Acid) (ethyl ester form) | 100 mg | * |
| Saw Palmetto Fruit Powder | 300 mg | * |
| *Pygeum africanum* Bark Powder | 150 mg | * |
| Pumpkin Seed Powder | 30 mg | * |
| Burdock Root Powder | 2.5 mg | * |
| Cayenne Pepper Fruit Powder | 2.5 mg | * |
| Stinging Nettle Leaf Powder | 2.5 mg | * |
| Chanca Piedra Powder (aerial parts) (*Phyllanthus niruri*) | 2.5 mg | * |
| Juniper Berry Powder | 2.5 mg | * |
| Marshmallow Root Powder | 2.5 mg | * |
| Parsley Leaf Powder | 2.5 mg | * |
| L-Glutamic Acid HCl | 35 mg | * |
| L-Alanine | 35 mg | * |
| Glycine | 15 mg | * |
| 42 Fruit & Vegetable Proprietary Blend | 315 mg | * |

Consisting of Blueberry Fruit, Cranberry Fruit, Grape Seed, Strawberry Fruit, Raspberry Fruit, Pomegranate Fruit, Bilberry Fruit, Alfalfa Leaf, Carrot Root, Beet Root, Broccoli (floret & stalk), Acai Fruit (*Euterpe oleracea*), Chokeberry Fruit, Apple (fruit), Apple Pectin Fruit, Maqui Berry (*Aristotelia chilensis*), Grape Skin, Black Cherry Fruit, Tomato Fruit, Barley (aerial part), Celery Seed, Chlorella, Black Currant Fruit, Artichoke Leaf, Mango Fruit, Pineapple Fruit, Spirulina, Dandelion Root, Wheat Grass Leaf, Green Tea Leaf, Milk Thistle Seed, *Eleutherococcus senticosus* Root, Ashitaba Leaf, Bing Cherry Fruit, Elderberry Fruit, Goji Berry (*Lycium barbarum*), Grapefruit Fruit, Mangosteen Fruit, Spinach Leaf, Tart Cherry Skin, Papaya Fruit and Asian Pear (*Pyrus pyrifolia*).

*Daily Value not established.

**Other Ingredients:** Gelatin (bovine), vegetable stearic acid, vegetable magnesium stearate, croscarmellose sodium, glycerin, rice flour, aqueous film coating (purified water, hydroxypropyl methylcellulose, vegetable glycerin, chlorophyll, and calcium carbonate), microcrystalline cellulose, purified water, and silicon dioxide.
**ALLERGEN WARNING: CONTAINS FISH (ANCHOVIES).**
LactoSpore® is a registered trademark of the Sabinsa Corporation.

Vendor Code: 77A-V13

**SUGGESTED USE:** 1 packet daily preferably with a meal or as directed by a healthcare professional.

**CAUTION:** Do not exceed recommended dose. This product should be consumed with at least a full glass of liquid. Consuming this product without enough liquid may cause choking. Do not consume this product if you have difficulty in swallowing. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

**NOTICE:** Most people should not experience "Niacin skin flush" when using this product. However a few sensitive individuals may experience some flushing. Do not take on an empty stomach.

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

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.

Life's Vite x3
Cal Mag x2
Prost Eze x1
EFA x1

CA PROP 65
Lead

**No "US" claims**

**Not Veggie**

**Not Vegan**

| PET Canisters: Clear / Black | | |
|---|---|---|
| **Count Per Bottle** | **PET Bottle Size** | **Label Size** |
| **30 Packets** | **32 oz** | **5" x 11"** |