



## PRODUCT FORMULARY



# MultiMen's

- **Designed to supplement a man's daily nutritional needs, in addition to promoting and supporting prostate and hormonal health<sup>†</sup>**
- **Contains naturally occurring digestive enzymes to help with the absorption of nutrients<sup>†</sup>**

<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.

You may consider yourself to be a healthy eater, but individual dietary preferences, age, and genetics may result in nutrient gaps. These gaps can lead to minor or even major health impacts, so it is important to make sure you are getting the nutrients you need to supplement your diet.†

MultiMen's is designed to supplement a man's daily nutritional needs, in addition to promoting and supporting prostate and hormonal health.†

Our formulation also contains naturally occurring digestive enzymes to help with digestion and better absorption of nutrients.†

#### **Vitamin A (as Beta Carotene)**

- An essential nutrient important to vision, growth, cell division, reproduction and immunity
- Helps your heart, lungs, and other organs work properly

#### **Vitamin C (as Ascorbic Acid)**

- An essential vitamin, meaning your body can't produce it, so it must be obtained through food or supplementation
- Helps strengthen our immune system and may help lower blood pressure

#### **Vitamin D3 (as Cholecalciferol)**

- Helps the growth and development of bones and teeth, as well as provides improved resistance to certain diseases
- Research has shown that vitamin D might play an important role in regulating mood and decreasing the risk of depression

#### **Vitamin E (as D-Alpha Tocopherol Succinate)**

- Best known for its antioxidant effects, protecting your cells from oxidative damage by neutralizing harmful molecules called free radicals
- Needed for proper immune function and cellular signaling

#### **Vitamin K (as MK-7)**

- Helps the body to produce osteocalcin, a hormone that regulates bone health, increases cognitive function and exercise performance, and maintains healthy insulin and glucose levels

#### **Thiamin (Vitamin B1)(as HCl)**

- All tissues in the body require this essential nutrient
- It is a co-factor in various parts of the body like the skeletal muscles, heart, liver, kidney, and brain
- Helps the body convert food (carbohydrates) into fuel (glucose), which the body uses to produce energy

#### **Riboflavin (Vitamin B2)**

- Works to reduce oxidative stress and inflammation of nerves
- A key component of coenzymes involved with the growth of cells, energy production, and the breakdown of fats, and medications

#### **Niacin (Vitamin B3)(as Niacinamide)**

- Helps keep your nervous system, digestive system and skin healthy
- Helps the body make various sex and stress related hormones in the adrenal glands and other parts of the body
- Supports circulation, and has been shown to suppress inflammation

#### **Vitamin B6 (as Pyridoxine HCl)**

- Assists more than 100 enzymes to perform various functions, including the breakdown of proteins, carbohydrates, and fats
- Helps maintain normal levels of homocysteine (since high levels can cause heart problems); and supports immune function and brain health

#### **Folate (as 5-MTHF)**

- Important in red blood cell formation and for healthy cell growth and function
- The natural form of vitamin B9 that the body needs to maintain its genetic building blocks, DNA and RNA

#### **Vitamin B12 (as Methylcobalamin)**

- Plays an essential role in red blood cell formation, cell metabolism, nerve function and the production of DNA
- Shown to boost energy, improve memory, and help prevent heart disease
- Plays a vital role in synthesizing and metabolizing serotonin, a chemical responsible for regulating mood

#### **Biotin**

- Plays an important role in converting carbohydrates, fats and proteins into energy
- Helps your body's cells function

#### **Pantothenic Acid (Vitamin B5) (as d-Calcium Pantothenate)**

- Essential for fatty acid metabolism, as well as to, in general, synthesize and metabolize proteins, carbohydrates, and fats
- Critical to the manufacture of red blood cells, as well as sex and stress-related hormones produced in the adrenal glands

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#### **Calcium (as Amino Acid Chelate)**

- A mineral found primarily within your bones, as well as blood, muscles, and other tissues
- Plays a role in many body processes, from bone health to muscle contraction

#### **Iodine (from Potassium Iodide and Kelp)**

- A trace mineral found in the earth's soil and ocean waters
- Plays a key role in thyroid health, which helps to regulate hormone production

#### **Magnesium (as Amino Acid Chelate)**

- A cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation
- Acts as an electrical conductor that contracts muscles and makes the heart beat steadily
- More than half of the magnesium in our body is stored in bones, and the remaining in various tissues throughout the body

#### **Zinc (as Amino Acid Chelate)**

- A major player in the creation of DNA, growth of cells, building proteins, healing damaged tissue, and supporting a healthy immune system
- Supports immune function and healthy cell growth
- Plays a beneficial role in preserving prostate health, sexual health and testosterone hormone levels

#### **Selenium (as L-Selenomethionine)**

- Help to make DNA and protect against cell damage and infections
- Important to the proper functioning of the thyroid gland and regulation of your metabolism

#### **Copper (as Aspartate)**

- A mineral found in the body, of which trace amounts are necessary
- Is involved with the development and maintenance of bone, connective tissue, and organs
- Plays a role in making red blood cells, maintaining nerve cells, and the immune system

#### **Manganese (Amino Acid Chelate)**

- A trace mineral, needed by the body in small amounts
- Works with calcium, zinc, and copper to support bone mineral density
- Helps the body form connective tissue, bones, blood clotting factors, and sex hormones

#### **Chromium (as GTF Polynicotinate)**

- An essential trace mineral that can improve insulin sensitivity and enhance protein, carbohydrate, and lipid metabolism

#### **Molybdenum (as Sodium Molybdate)**

- Helps the body to process proteins and genetic material like DNA
- Helps break down drugs and toxic substances that enter the body

#### **Potassium (as Citrate)**

- Helps maintain normal levels of fluid inside our cells
- An electrolyte that assists in various body processes including blood pressure, muscle contractions, digestion, and pH balance

#### **L-Taurine**

- Has widespread benefits in the body such as maintaining proper hydration and electrolyte balance in your cells, supporting nervous system function, and forming bile salts which work in digestion
- Has been shown to regulate blood pressure and improve heart function and blood fat levels in people with heart conditions such as heart failure

#### **Lutein (5%)**

- A large body of evidence shows that lutein has several beneficial effects, especially on eye health
- Has also been linked to heart health, improved cognitive function, and reduced risk of certain types of cancer

#### **Resveratrol (50%)**

- Has antioxidant and anti-inflammatory properties
- Has been linked to many exciting health benefits, including protecting brain function and lowering blood pressure

#### **Lycopene (10%)**

- A carotenoid found in tomatoes and other red fruits and vegetables
- An antioxidant with the potential to assist in bone and oral health, as well as blood pressure

#### **Vanadium (as Amino Acid Chelate)**

- A trace mineral found in many foods
- Studies have shown the body may need small amounts of it for normal bone growth

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### Coenzyme Q10 (CoQ10)(Ubiquinone)

- Helps generate energy in your cells by its involvement in making adenosine triphosphate (ATP), which is involved in energy transfer within cells
- Has antioxidant properties and reduces oxidative stress

### Phytosterol (40% Betasitosterol)

- Also known as plant sterols, a family of molecules related to cholesterol
- Key structural component of cell membranes, and assists with improving heart health

### Digestive Enzyme Blend

- Naturally occurring enzymes that are a vital part of the digestive system
- A lack of digestive enzymes can interfere with the breaking down of food and absorption of nutrients and can cause various gastrointestinal issues

### Green Tea

- The green tea plant is full of polyphenol antioxidants, and green tea is considered to be one of the healthiest beverages
- Works to reduce inflammation, improve brain function, lower the risk of heart disease, and helps to protect against prostate cancer

### Inositol

- A type of sugar that influences both the body's insulin response and several hormones associated with mood and cognition
- Has antioxidant properties that fight the damaging effects of free radicals in the brain, circulatory system, and other body tissues

### Proprietary Blend

### Saw Palmetto Berry

- Promotes prostate health, balances hormone levels, and helps prevent hair loss in men
- Shown to decrease inflammation and improve urinary function

### Pygeum africanum Bark (4:1) Extract

- Contains compounds that have been shown to be anti-inflammatory
- Promotes prostate health and helps with treating symptoms of BPH

### Ginkgo biloba Herb

- Rich in antioxidants and can help reduce inflammation
- Has been shown to be beneficial for heart health, brain function, and eye health

### Panax Ginseng Root

- Has been shown to improve memory and suppress stress and anxiety
- Has been shown to help reduce inflammatory markers and help protect against oxidative stress
- Promotes sexual health

Item Code: V-MEN2

**SUGGESTED USE:** As a dietary supplement for adults and children twelve or more years of age, take one tablet, twice daily, or as directed by a qualified healthcare professional.

Multi Men's is designed for a man's daily nutritional needs.†

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**KEEP OUT OF REACH OF CHILDREN**  
Tamper resistant. Do not purchase if seal is broken.  
Store in a cool, dry place.

Formulated and Distributed by VINCO, INC.  
EVANS CITY, PA | (800) 245-1939 | WWW.VINCOINC.COM



Vitamin & Mineral Complex

**Multi Men's**  
with Digestive Enzymes

60 Tablets

Gluten Free | Dietary Supplement

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### SUPPLEMENT FACTS

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving		%DV	Amount Per Serving		%DV
<b>Vitamin A</b> (as Beta Carotene)	5,000 IU	100%	<b>Copper</b> (as Aspartate)	0.5 mg	25%
<b>Vitamin C</b> (as Ascorbic Acid)	250 mg	417%	<b>Manganese</b> (as AAC**)	0.2 mg	10%
<b>Vitamin D3</b> (Cholecalciferol)	1,000 IU	250%	<b>Chromium</b>	100 mcg	83%
<b>Vitamin E</b> (as D-Alpha Tocopherol Succinate)	200 IU	667%	<b>Chromium</b>	(as GTF Polynicotinate)	
<b>Vitamin K</b> (as MK-7)	90 mcg	113%	<b>Molybdenum</b>	100 mcg	133%
<b>Thiamin</b> (as HCl)	50 mg	3,333%	<b>Potassium</b> (as Citrate)	10 mg	<1%
<b>Riboflavin</b>	30 mg	1,765%	<b>Choline</b> (as Bitartrate)	20 mg	*
<b>Niacin</b> (as Nicotinamide)	30 mg	150%	<b>L-Taurine</b>	100 mg	*
<b>Vitamin B6</b> (as Pyridoxine HCl)	50 mg	2,500%	<b>Lutein</b> (5%)	6 mg	*
<b>Folate</b> (as 5-MTHF)	400 mcg	100%	<b>Resveratrol</b> (50%)	10 mg	*
<b>Vitamin B12</b> (as Methylcobalamin)	400 mcg	6,667%	<b>Lycopene</b> (10%)	10 mcg	*
<b>Biotin</b>	150 mcg	50%	<b>Vanadium</b> (as AAC**)	150 mcg	*
<b>Pantothenic Acid</b> (as D-Calcium Pantothenate)	50 mg	500%	<b>Coenzyme Q10</b>	5 mg	*
<b>Calcium</b> (as AAC**)	100 mg	10%	<b>Phytosterol</b> (40% Betasitosterol)	130 mg	*
<b>Iodine</b> (from Potassium Iodide and Kelp)	150 mcg	100%	<b>Digestive Enzyme Blend</b>	30 mg	*
<b>Magnesium</b> (as AAC**)	50 mg	13%	<b>Green Tea</b>	100 mg	*
<b>Zinc</b> (as AAC**)	25 mg	167%	<b>Inositol</b>	20 mg	*
<b>Selenium</b> (as L-Selenomethionine)	100 mcg	143%	<b>Proprietary Blend</b>	120 mg	*
			(Saw Palmetto Berry, Pygeum Africanum Bark 4:1 Extract, Ginkgo Biloba Herb, Panax Ginseng Root)		

\*Daily Value (DV) not established \*\*Amino Acid Chelate

**Other Ingredients:** Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate  
**No Wheat, No Gluten, No Corn, No Dairy, No Soy, Yeast Free.**

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