



MEN'S SUPERIOR®

- **A complete, high potency, vegetarian, yeast free multiple vitamin mineral supplement specifically designed for men's unique needs.***
- Men's Superior® is a comprehensive formula exclusively for men that contains a combination of 58 nutrients, vitamins, minerals, amino acids, herbs, digestive enzymes, essential fatty acids, and herbs including those most important for men like Saw Palmetto, Zinc, B6, Pygeum, Gamma Linolenic Acid, Lycopene, and Nettle.*
- Men's Superior® uses Natural Vitamin E (d-alpha-tocopheryl succinate), the most active and natural form available.* It contains Vitamin C in the ascorbate form. It also contains balanced B vitamins to help manage stress, support immune system function, and help reduce irritability.* B vitamins are important to proper circulatory function, for maintaining blood pressure within normal ranges, and preserving proper cholesterol and homocysteine levels.*
- Men's Superior® contains 13 minerals including Zinc, which is a trace mineral that is necessary for good immune response, enzyme activity, fertility, and sexual function.* It also contains additional calcium (for bone health).*
- L-Cysteine, L-Glutamine, and DL-Methionine are amino acids necessary for increased mental energy and are in the pure crystalline form for immediate assimilation by the body.* L-Cysteine and DL-Methionine are sulfur containing amino acids that are enteric coated to help with absorption.* These amino acids also help support detoxification and liver function.*
- Octacosanol and Betaine help support endurance, stamina, and strength.*
- Saw Palmetto, Nettle, and Pygeum are three herbal extracts that are synergistically effective in promoting the proper functioning of the prostate gland.*
- Alpha Lipoic Acid is an antioxidant that is both fat and water soluble and can extend the biochemical life of other antioxidants such as vitamins C, E and glutathione.*
- Lycopene is a carotenoid extracted from tomatoes that is more potent than beta-carotene as a free radical scavenger.* Bladder, pancreas, and prostate problems have all been associated with low levels of serum lycopene in the body.*
- Hesperidin is a bioflavonoid that supports capillaries and connective tissue health.*
- BioPerine™ is a trademarked nutrient containing 95% alkaloid piperine extracted from the fruits of the black pepper. BioPerine™ can increase the uptake of certain nutrients such as beta-carotene, Vitamin B6, and selenium.*
- Gamma Linolenic Acid is an essential fatty acid necessary for the production of hormone-like substances in the body known as prostaglandins, in particular, prostaglandin E1 (PGE1). Aging, stress, degenerative and prostate disorders have all been associated with low levels of PGE1 in the body.*
- Enzopharm® Plus is a proprietary blend of vegetarian digestive enzymes that aid the body in digesting and absorbing food nutrients that are not easily assimilated.*
- Iron deficiencies among men are rare. If you're concerned about your iron levels, ask your physician to test you. Generally, men should avoid supplemental iron or foods enriched with iron. Iron overload in men has been associated with heart disease, arthritis, and impotence.*

Supplement Facts

Two tablets contain:

Vitamin A	(2,000 IU as palmitate and 7,500 IU as beta-carotene)	9,500IU
Vitamin C		500 mg
Vitamin D2 (ergocalciferol)		200 IU
Vitamin E (as d-alpha tocopheryl succinate)		200 IU
Vitamin K		2.5 mcg
Thiamin		35 mg
Riboflavin		35 mg
Niacin (and as niacinamide)		35 mg
Vitamin B6 (Pyridoxine HCl and Pyridoxal 5-Phosphate)		50 mg
Folic Acid		200 mcg
Vitamin B12 (Methylcobalamin)		35 mcg
Biotin		150 mcg
Pantothenic Acid		35 mg
Calcium (as Ca Citrate)		300 mg
Iodine (from kelp)		35 mcg
Magnesium (as Mg Oxide)		150 mg
Zinc		15 mg
Selenium		25 mcg
Copper		0.025 mg
Manganese		2.5 mg
Chromium (as Cr Polynicotinate)†		25 mcg
Molybdenum		25 mcg
Potassium (as K Citrate)		25 mg
Boron		0.5 mg
Silicon (Horsetail Rush)		3 mg
Vanadium		10 mcg
Choline		35 mg
Inositol		35 mg
PABA (para-aminobenzoic acid)		35 mg
L-Cysteine (Enteric Coated)		50 mg
L-Glutamine		50 mg
DL-Methionine (Enteric Coated)		50 mg
L-Aspartic Acid		75 mg
Saw Palmetto		15 mg
Nettle		7.5 mg
Pygeum		5 mg
Octacosanol		250 mcg
Lecithin		50 mg
Gamma Linoleic Acid		5 mg
Alpha Lipoic Acid		5 mg
Lycopene		2.5 mg
BioPerine™		2.5 mg
RNA (ribonucleic acid)		5 mg
Mixed Citrus Bioflavonoids		50 mg
Hesperidin		12.5 mg
Rutin		12.5 mg
Pectin		12.5 mg
Betaine Hydrochloride		10 mg
Bromelain		2 mg
Papain (Enteric Coated)		2 mg
Enzopharm® Plus		4 mg

A proprietary blend of vegetarian enzymes: amylase, protease, lipase, hemicellulase, and lactase.

†ChromeMate® brand niacin-bound chromium.

Other ingredients: calcium ascorbate, calcium pantothenate, cellulose, stearic acid, zinc gluconate, microcrystalline cellulose, vegetable stearate, silicon dioxide, amino acid chelates (boron, copper, molybdenum, selenium).

• **Contains: lecithin (from soy).**

• **Suggested Use:** As a dietary supplement, take 2 tablets with breakfast and 2 tablets with lunch.

ChromeMate® is a registered trademark of InterHealth N.I.

CHROME MATE®

0600196.120 (120 Vegetarian Tablets)

*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

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WEB: www.mountainnaturals.com E-MAIL: info@mountainnaturals.com PHONE: 1-800-992-8451 FAX: 1-802-878-0549 091709 P44