



A one-a-day formula to support busy men's daily nutritional requirements

## KEY BENEFITS

With nutrients to support:

- ✓ Vitality and energy
- ✓ Male reproductive system health
- ✓ Healthy immune system function
- ✓ Carbohydrate metabolism

With Korean ginseng traditionally used in traditional Chinese medicine (TCM) for its revitalising and tonic qualities.

Contains turmeric, traditionally believed to promote the flow of Qi and invigorate the Blood in TCM, and support healthy digestion in traditional Ayurvedic medicine.

Turmeric and milk thistle are traditionally used in Western herbal medicine (WHM) to support healthy liver function.

Always read the label. Follow the directions for use. Vitamin and minerals can only be of assistance if dietary intake is inadequate. Made in Australia.

## PRODUCT FEATURES

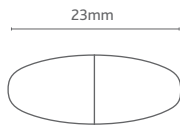
- ✓ Convenient one-a-day multi
- ✓ Iron-free formula boosted with seven herbs
- ✓ With mineral glycinates (calcium, magnesium, manganese, and zinc) for enhanced absorption of calcium, magnesium, manganese, and zinc

## ACTIVE INGREDIENTS

Each tablet contains: Thiamine hydrochloride (vitamin B1) 50mg, equiv. thiamine 44.6mg; Riboflavin (vitamin B2) 25mg; Nicotinamide (vitamin B3) 50mg; Calcium pantothenate (vitamin B5) 54.6mg, equiv. to pantothenic acid 50mg & calcium 4.6mg; Pyridoxine hydrochloride 60.8mg, equiv. to pyridoxine (vitamin B6) 50mg; Folic acid 500 micrograms; Cyanocobalamin (vitamin B12) 500 micrograms; Biotin 150 micrograms; Choline bitartrate 25mg, equiv. choline 10.3mg; Inositol 25mg; Ascorbic acid (vitamin C) 75mg; Citrus bioflavonoids 50mg; Betacarotene 3mg; d-alpha Tocopheryl acid succinate 41.3mg, equiv. to vitamin E 50IU; Lycopene 2mg; Colecalciferol 7.5 micrograms, equiv. to vitamin D 300IU; Phytomenadione (vitamin K1) 50 micrograms; Calcium (as calcium glycinate) 118.1mg, equiv. to calcium 25mg; Magnesium glycinate 177.3mg, equiv. to Magnesium 25mg; Zinc glycinate 49mg, equiv. to Zinc 15mg; Manganese (II) glycinate 7.4mg, equiv. to Manganese 2mg; Chromium picolinate 201micrograms, equiv. to Chromium 25micrograms; Molybdenum trioxide 37.5micrograms, equiv. to Molybdenum 25micrograms; Cupric sulfate pentahydrate 98.2micrograms, equiv. to Copper 25micrograms; Potassium iodide 196.2micrograms, equiv. to Iodine 150micrograms & Potassium 46.2micrograms; Selenomethionine 124.2micrograms, equiv. to Selenium 50micrograms; Borax 4.4mg, equiv. to Boron 500micrograms; Colloidal anhydrous 53.5mg, equiv. to Silicon 25mg; Plus herbal extracts equivalent to dry: Curcumin (*Curcuma longa*, as Curcumin C3 Complex<sup>®</sup>) rhizome 42.3mg, min. dry equiv. 2.75g, std. to

curcuminoids 40.2mg; Milk thistle (*Silybum marianum*) fruit 37.7mg, min. dry equiv. 2.64mg, std. to silybin 30mg; Green tea (*Camellia sinensis*) leaf 66.7mg, min. dry equiv. 2g, std. to catechins 55.3mg incl. EGCG 33.3mg; Withania (*Withania somnifera*) root 80mg, dry equiv. 1000mg; Horny goat weed (*Epimedium sagittatum*) herb 37.5mg, dry equiv. 750mg; Korean ginseng (*Panax ginseng*) root 40mg, min. dry equiv. 400mg, std. to ginsenosides 10mg; Black pepper (*Piper nigrum*) fruit 5.4mg, min. dry equiv. 91.3mg, std. to piperine 5mg.

Suitable for vegetarians and vegans. NO ADDED artificial flavours, gluten, wheat, nuts, dairy, yeast or animal products.



## DOSAGE

Adults: Take 1 tablet once daily with food.

## CAUTIONS/CONTRAINDICATIONS

- Warning: Contains zinc which may be dangerous if taken in large amounts or for a long period.
- This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.
- Contains vitamin B6. Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible.

## BACKGROUND INFORMATION

### Many Australian men are low in zinc

Australian Bureau of Statistics (ABS) dietary surveys indicate that many Australian men don't obtain the recommended quantity of zinc from their daily diets, especially as they get older.

Zinc is an important mineral to include in the diet, as it's required for a vast number of physiological functions, including immune health, tissue repair, skin health and reproductive health. Ensuring there is enough zinc in the

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diet even helps to maintain healthy hair.

For men, the issues related to zinc deficiency are particularly relevant to reproductive health, as this important nutrient is required for prostate health and the maintenance of sperm health.

### Heart health

Although both men and women need a healthy diet and lifestyle to support their heart health, Australian men may need additional support in this area. Vitamin E in particular is an important nutrient to look out for in a men's multivitamin for help in supporting heart health.

### Mineral glycinates

Men's Multi Advanced contains calcium, zinc, magnesium and manganese glycinate, an organic form of minerals with high bioavailability (readily absorbed and utilised in the body).

### HERBS TO SUPPORT MEN'S HEALTH

**Korean ginseng** is traditionally used in TCM to support the vital energy (*Qi*). It's also used in WHM to support healthy libido.

**Withania** is traditionally used in Ayurvedic medicine to support normal healthy male reproductive function. In Ayurveda it's known as a Rasayana tonic with rejuvenating qualities.

**Milk thistle** is used traditionally in Western herbal medicine to support healthy liver function.

**Turmeric** is used to support healthy digestion in traditional Ayurvedic medicine and to support healthy liver function in WHM.

**Formula is further supported with green tea, horny goat weed and black pepper.**



## COMPANION PRODUCTS

**Stress & Anxiety** - Contains herbs traditionally used in Ayurvedic medicine to improve resistance to stress and relieve mild anxiety in traditional Chinese medicine.



**Energy** - With herbs traditionally used in TCM to help increase energy and vitality.