



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Men's Nutrients

Now with Metafolin® L-5-MTHF

INTRODUCED JANUARY 2009

## What Is It?

Men's Nutrients is designed for men over 40. It is a complete hypo-allergenic, nutrient rich, highly bioavailable multi-vitamin, multi-mineral and trace element supplement. The formula combines superior mineral cofactors, activated vitamins and antioxidants to support optimal health. These nutrients are blended with herbals extracts to offer additional support for endurance, macular integrity, cardiovascular health, prostate function and prostate cell health.\*

## Indications

Support for men over 40

## Vitamin/Mineral Distinctions:

- High potency, hypo-allergenic, vegetarian formula
- Activated vitamins and superior mineral chelates for optimal absorption
- 800 mcg Metafolin® (6S)-5-methyltetrahydrofolic acid (L-5-MTHF), the naturally occurring universally metabolized form of folate\*
- Antioxidant support from naturally derived vitamin C, vitamin E, beta carotene, lycopene, lutein, zeaxanthin and alpha lipoic acid
- Yeast-derived selenium and 1,000 i.u. vitamin D<sub>3</sub> for optimal prostate health\*

## Special Features:

- **ProstaProtect Plus**  
Supports prostate function with saw palmetto and pygeum and maintains healthy prostate cells with lycopene and green tea. Synergistic cofactors include selenium, vitamin E, vitamin D and zinc.\*
- **EnduraBoost Blend**  
Combines cordyceps and maca to promote energy, endurance and stamina.\*

## • CardioPhenol Complete

Maintains healthy blood vessel function with polyphenols from pomegranate, red wine concentrate and grape seed extract.\*

## • MacularSynergy Complex

Enhances the integrity of the macula and retina with 6 mg lutein and 1 mg zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.\*

## What Is The Source?

The nutrients found in Men's Nutrients are derived from the following:

Mixed carotenoids: *Blakeslea trispora*  
Lycopene: natural tomato concentrate  
Lutein: marigold flower extract  
Zeaxanthin: synthetic  
Vitamin C: corn dextrose fermentation  
Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)  
Vitamin E: soybean oil  
Vitamin K<sub>1</sub>: synthetic  
Vitamin B<sub>1</sub> (thiamine HCl): synthetic  
Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation  
Niacinamide and Niacin: synthetic  
Vitamin B<sub>5</sub> (calcium pantothenate): synthetic  
Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic  
Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation  
Folate (Metafolin®, L-5-MTHF): synthetic  
Biotin: synthetic  
Alpha lipoic acid: synthetic  
Selenium: selenized yeast (*Saccharomyces cerevisiae*)  
Minerals: naturally derived from limestone  
Sources of the mineral chelates include:  
Citrate: corn dextrose fermentation  
Glycinate: synthetic

There is no detectable GMO material in this product.


(continued)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin. Saw palmetto extract is derived from *Serenoa repens* fruit and standardized to contain 45% total fatty acids. *Pygeum africanum* extract is derived from the bark and standardized to contain 2.5% total sterols. Green tea extract is derived from *Camellia sinensis* and standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG). Red wine concentrate is derived from *Vitis vinifera* whole grape and standardized to contain 25% polyphenols. Grape seed extract is derived from *Vitis vinifera* seed and standardized to contain 92% polyphenols. Pomegranate extract is derived from *Punica granatum L.* whole fruit and standardized to contain 40% punicosides. Maca extract (4:1) is derived from *Lepidium meyenii* tuber. Certified organic *Cordyceps sinensis* is derived from mycelia.

As Selenomax® (high selenium yeast). Selenomax® is a registered trademark of Nutrition 21, Inc.

**FloraGLO** LUTEIN  is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP is a trademark of DSM Nutritional Products, Inc.

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

## Recommendations

Pure Encapsulations recommends per 4-6 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

Saw palmetto and green tea have been associated with dizziness, headache, and gastrointestinal upset, including nausea, vomiting, bloating, dyspepsia, constipation or diarrhea. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Grape seed extract, green tea and saw palmetto may be contra-indicated with blood thinning medications. Cordyceps is contra-indicated with immunosuppressant medications. Consult your physician for more information.

### Men's Nutrients

six vegetable capsules contain  V 00

ascorbic acid.....	250 mg.
ascorbyl palmitate (fat-soluble vitamin C) .....	120 mg.
calcium (citrate) .....	200 mg.
vitamin D <sub>3</sub> .....	1,000 i.u.
d-alpha tocopherol succinate (vitamin E).....	100 i.u.
vitamin K <sub>1</sub> .....	100 mcg.
thiamine HCl (B <sub>1</sub> ) .....	25 mg.
riboflavin (B <sub>2</sub> ).....	25 mg.
riboflavin 5'phosphate (activated B <sub>2</sub> ).....	12.5 mg.
niacin.....	25 mg.
niacinamide .....	50 mg.
pyridoxine HCl (B <sub>6</sub> ) .....	12.5 mg.
pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	12.5 mg.
folate (as Metafolin®, L-5-MTHF).....	800 mcg.
methylcobalamin (B <sub>12</sub> ) .....	500 mcg.
biotin.....	800 mcg.
pantothenic acid (calcium pantothenate) (B <sub>5</sub> ) .....	50 mg.
iodine (potassium iodide).....	200 mcg.
magnesium (citrate).....	200 mg.
zinc (citrate).....	15 mg.
selenium (from selenium yeast) .....	200 mcg.
manganese (citrate) .....	2 mg.
chromium (polynicotinate) .....	200 mcg.
potassium (citrate) .....	100 mg.
boron (glycinate).....	2 mg.
vanadium (as bis-glycinato oxo vanadium).....	100 mcg.
choline (bitartrate) .....	100 mg.
inositol .....	125 mg.
alpha lipoic acid.....	75 mg.
mixed carotenoids .....	7,500 i.u.
(providing beta carotene, lycopene, lutein and zeaxanthin)	
<b>MacularSynergy Complex</b>	
lutein .....	6 mg.
zeaxanthin.....	1 mg.
<b>ProstaProtect Plus</b>	
Saw palmetto ( <i>Serenoa repens</i> ) extract (fruit).....	320 mg.
(standardized to contain 45% total fatty acids)	
Pygeum africanum extract (bark) .....	50 mg.
(standardized to contain 2.5% total sterols)	
lycopene .....	1 mg.
green tea ( <i>Camellia sinensis</i> ) leaf.....	50 mg.
(standardized to contain 65% total tea catechins and 23% epigallocatechin gallate (EGCG))	
<b>CardioPhenol Complete</b>	
red wine ( <i>Vitis vinifera</i> ) concentrate (whole grape) .....	100 mg.
(standardized to contain 25% total polyphenols)	
grape ( <i>Vitis vinifera</i> ) extract (seed).....	100 mg.
(standardized to contain 92% polyphenols)	
pomegranate ( <i>Punica granatum</i> ) extract (whole fruit).....	50 mg.
(standardized to contain 40% punicosides)	
<b>EnduraBoost Blend</b>	
Maca ( <i>Lepidium meyenii</i> ) extract (4:1) (tuber) .....	200 mg.
Cordyceps sinensis (mycelia) (certified organic) .....	100 mg.
<b>4-6 capsules per day, in divided doses, with meals.</b>	



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA

P: 800-753-2277 • F: 888-783-2277 www.PureCaps.com • csservice@purecaps.com