

SPECTRA[™] MAN

A complete, high potency, vegetarian, multiple vitamin mineral supplement specifically designed for men's unique needs.*

Spectra[™] Man 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.*

Spectra[™] Man 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.*

Spectra[™] Man 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.*

Vegetarian Digestive Enzymes is a proprietary blend of vegetarian digestive enzymes that aid the body in digesting and absorbing food nutrients.*

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.*

Suggested Use: As a dietary supplement, take 2 tablets with breakfast and 2 tablets with lunch, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60 or 120

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (2000 IU as Palmitate & 7500 IU as beta-carotene) 2,850 mcg	317%	Boron (as B AAC) 0.5 mg	*
Vitamin C (as Ascorbic Acid and Calcium Ascorbate) 500 mg	556%	Silicon (from Horsetail Rush) 3 mg	*
Vitamin D3 (as Cholecalciferol) 5 mcg (200 IU)	25%	Vanadium (as V AAC) 10 mcg	*
Vitamin E (as d-alpha Tocopheryl Succinate) 134 mg	893%	Inositol 35 mg	*
Vitamin K1 (as Phytanadione) 2.5 mcg	2%	PABA (Para-aminobenzoic Acid) 35 mg	*
Thiamin 35 mg	2,917%	L-Cysteine (Enteric Coated) 50 mg	*
Riboflavin 35 mg	2,692%	L-Glutamine 50 mg	*
Niacin (as Niacinamide & Niacin) 35 mg	219%	DL-Methionine (Enteric Coated) 50 mg	*
Vitamin B6 (as Pyridoxine HCl and Pyridoxal 5-Phosphate) 50 mg	2,941%	L-Aspartic Acid 75 mg	*
Folate 335 mcg DFE (Folic Acid 200 mcg)	84%	Saw Palmetto 15 mg	*
Vitamin B12 (as Methylcobalamin) 35 mcg	1,458%	Nettle 7.5 mg	*
Biotin 150 mcg	500%	Pygeum africanum Bark Powder 5 mg	*
Pantothenic Acid (as Calcium Pantothenate) 35 mg	700%	Octacosanol (from sugar cane) 250 mcg	*
Choline (as Choline Citrate) 35 mg	6%	Soy Lecithin 50 mg	*
Calcium (as Ca Citrate) 300 mg	23%	Gamma Linolenic Acid 5 mg	*
Iodine (from kelp) 35 mcg	23%	Alpha Lipoic Acid 5 mg	*
Magnesium (as Mg Oxide) 150 mg	36%	Lycopene 2.5 mg	*
Zinc (as Zn Gluconate) 15 mg	136%	Bioperine [®] 2.5 mg	*
Selenium (as Se AAC) 25 mcg	45%	RNA (Ribonucleic Acid) 5 mg	*
Copper (as Cu AAC) 0.025 mg	3%	Mixed Citrus Bioflavonoids 50 mg	*
Manganese (as Mn Gluconate) 2.5 mg	109%	Hesperidin 12.5 mg	*
Chromium (as Cr Polynicotinate)† 25 mcg	71%	Rutin 12.5 mg	*
Molybdenum (as Mo AAC) 25 mcg	56%	Pectin 12.5 mg	*
Potassium (as K Citrate) 25 mg	1%	Betaine HCl 10 mg	*
		Bromelain 2 mg	*
		Papain 2 mg	*
		A Proprietary Blend of Vegetarian Enzymes (Including Amylase, Protease, Lipase, Hemicellulase and Lactase) 4 mg	*

* Daily Value not established.

†ChromMate[®] brand niacin-bound chromium.

Other ingredients: stearic acid, cellulose, vegetable stearate, microcrystalline cellulose, silicon dioxide, pharmaceutical glaze.

Contains: Soy.



Bioperine[®] is a registered trademark and patented product of Sabinsa Corporation.



ChromMate[®] is a registered trademark of InterHealth N.I.

*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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