

Foundation Essentials™ for Men



60 Convenient Packets

Foundation Essentials™ for Men is a powerful combination of three foundation nutritional formulas provided in convenient daily dose packets.

- **2-MultiMedica™ for Men** provides high quality comprehensive vitamins, minerals, amino acids and herbals, specifically designed to address the unique nutrient needs for male adolescents, adults and seniors. MultiMedica™ for Men features patented Albion TRAACS® amino acid chelates for optimal mineral absorption and is provided in hypoallergenic vegetable capsules.
- **1-Omega 600 USP™** provides 600mg of ultra-pure, molecularly distilled, natural marine lipid concentrate sourced from Ocean Nutrition of Canada, the only supplier of USP (United States Pharmacopeia) verified oils from fish caught in cold, deep sea waters.
- **1-CoQ Clear™**, a 50mg (ubiquinone) patent pending, crystal-free CoQ10, offers the highest absorption and bioavailability. CoQ10 is a component of the electron transport chain, participating in aerobic cellular respiration for generating energy. Most of the human body's energy is generated this way. CoQ10 is a vital part of a high quality foundation nutrition regime, as an extremely powerful antioxidant.*

Two Packets per day provides support for:

- **Stressful Lifestyle**
- **Prostate Health**
- **Promote Cardiovascular Health**
- **Detoxification Support**
- **Poor Dietary Nutrient Intake**
- **Formula for Wellness**

NuMEDICA®
ACHIEVING PHYSIOLOGICAL BALANCE

9503 E. 55th Place, Tulsa ,OK 74145 | Toll Free 1-866-787-5175 | www.numedica.com

*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.

Foundation Essentials™ for Men

Supplement Facts	Serving Size: 2 Packets Servings Per Container: 30					
	4 MultiMedica for Men™ Capsules		2 Omega 600 USP™ Softgels		2 CoQ-Clear™ Softgels	
	Amount	%DV*	Amount	%DV*	Amount	%DV*
Calories					30	
Calories from Fat					20	
Total Fat			2.448 g	4%		
Vitamin A (75% [7500 IU] natural mixed carotenoids, 25% [2500 IU] retinyl palmitate)	10,000 IU	200%				
Vitamin C (as magnesium ascorbate, zinc ascorbate, potassium ascorbate, calcium ascorbate)	250 mg	416%				
Vitamin D3 (as cholecalciferol)	800 IU	200%				
Vitamin E (as d-alpha tocopherol succinate)	100 IU	333%	10 IU	34%		
Thiamin (as thiamin mononitrate)	15 mg	1,000%				
Riboflavin (as riboflavin-5'-phosphate)	5 mg	300%				
Niacin (as niacin and niacinamide)	60 mg	300%				
Vitamin B-6 (as pyridoxal-5'-phosphate)	16 mg	800%				
Folate (as folic acid)	200 mcg	50%				
Vitamin B-12 (as methylcobalamin and cyanocobalamin)	600 mcg	10,000%				
Biotin	300 mcg	100%				
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2,000%				
Calcium (TRAACS® calcium glycinate chelate, calcium ascorbate, calcium citrate)	100 mg	10%				
Phosphorus (as pyridoxal-5'-phosphate and riboflavin-5'-phosphate)	12 mg	1%				
Iodine (as potassium iodide)	100 mcg	66%				
Magnesium (TRAACS® magnesium glycinate chelate buffered, magnesium ascorbate, magnesium citrate)	150 mg	38%				
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)	15 mg	100%				
Selenium (as selenium glycinate complex)	100 mcg	142%				
Manganese (TRAACS® manganese glycinate chelate)	0.5 mg	25%				
Chromium (TRAACS® chromium nicotinate glycinate chelate)	240 mcg	200%				
Molybdenum (TRAACS® molybdenum glycinate chelate)	50 mcg	66%				
Potassium (as potassium glycinate complex, potassium ascorbate)	99 mg	2%				
Betaine HCl	60 mg	**				
Ashwagandha Root Extract	60 mg	**				
Pumpkin Seed Extract	50 mg	**				
Saw Palmetto Berry Extract	50 mg	**				
N-Acetyl L-Carnitine HCl	50 mg	**				
N-Acetyl L-Cysteine	50 mg	**				
Choline (as choline bitartrate)	40 mg	**				
Inositol	40 mg	**				
Milk Thistle Seed Extract	30 mg	**				
Glycine	30 mg	**				
L-Taurine	30 mg	**				
<i>Tribulus terrestris</i> Fruit Extract	30 mg	**				
L-Glutamic Acid	25 mg	**				
L-Alanine	25 mg	**				
<i>Panax ginseng</i> Root	25 mg	**				
L-Methionine	25 mg	**				
Natural Marine Lipid Concentrate			2.488 g	**		
EPA (eicosapentaenoic acid)			734 mg	**		
DHA (docosahexaenoic acid)			490 mg	**		
CoQ10 (ubiquinone)					100 mg	**
Proprietary Men's Formula	103.8 mg	**				
Containing: L-Lysine HCl, Para Amino Benzoic Acid (PABA), Rutin, Hesperidin, Quercetin, R-Alpha Lipoic Acid, Lutein and Barley Grass.						

* Percent Daily Value based on a 2,000 calorie diet. ** Daily value not established.

Other ingredients for MultiMedica™ for Men: HPMC (vegetable capsule), rice flour and silica.

Other ingredients for Omega 600 USP™: Gelatin, glycerin, purified water, enteric coating and vanillin.

Other ingredients for CoQ-Clear™: Conjugated linoleic acid, flaxseed oil, gelatin, monoglyceride, glycerin, and water.

DimaCal and TRAACS are registered trademarks of Albion International, Inc.

Malates covered by U.S. Patent 6,706,904 and patents pending.

This Formula Meets or Exceeds GMP Quality Standards.

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