

BUILD A STRONG FOUNDATION

DESIGNED FOR THE NUTRITIONAL NEEDS OF MEN

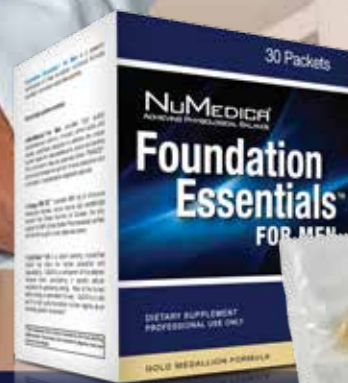
KEY BENEFITS:

- Supports poor dietary nutrition intake*
- Supports prostate health*
- Support for cardiovascular health*
- Replenishes nutrients depleted by a stressful lifestyle*
- Detoxification support*
- Targeted nutrition designed for men*

*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.

For additional calcium needs, see Foundation Essentials™ for Men & Women with added OsteoMedica®

Convenient daily dose packets



30 Packets



60 Packets



NuMEDICA®
ACHIEVING PHYSIOLOGICAL BALANCE

Foundation Essentials™ for Men

A powerful combination of three foundation nutritional formulas provided in convenient daily dose packets.

This formula is iron free and copper free, making it the perfect foundation nutritional supplement for men.*

Each Packet Contains:

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.* This multi-vitamin features patented Albion TRAACS® amino acid chelates for optimal mineral absorption and is provided in hypoallergenic vegetable capsules.*

1-Omega 600 EC™ provides 600 mg 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® 100 is a patent pending, crystal-free CoQ10 offering 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 a powerful antioxidant.*



Foundation Essentials™ for Men

Daily Dose Packets Designed for Men

Available Sizes: 30 packet box or 60 packet bottle

Serving Size: 1 packet

Servings Per Container: 30 (small) or 60 (large)

One Pack Contains:

Vitamin A (75% [7500 IU] natural mixed carotenoids, 25% [2500 IU] retinyl palmitate)	5,000 IU
Vitamin C (as magnesium ascorbate, zinc ascorbate, potassium ascorbate, calcium ascorbate)	125 mg
Vitamin D-3 (as cholecalciferol)	200 IU
Vitamin E (as d-alpha tocopherol succinate)	80 IU
Thiamin (as thiamin mononitrate)	10 mg
Riboflavin (as riboflavin-5'-phosphate, riboflavin)	10 mg
Niacin (as niacin and niacinamide)	30 mg
Vitamin B-6 (as pyridoxal-5'-phosphate)	10 mg
Folate (as folic acid)	400 mcg
Vitamin B-12 (as methylcobalamin)	300 mcg
Biotin	500 mcg
Pantothenic Acid (as d-calcium pantothenate)	100 mg
Calcium (TRAACS® calcium glycinate chelate, DimaCal® di-calcium malate, calcium ascorbate)	50 mg
Phosphorus (as pyridoxal-5'-phosphate/riboflavin-5'-phosphate)	6 mg
Iodine (as potassium iodide)	50 mcg
Magnesium (TRAACS® magnesium glycinate chelate buffered, di-magnesium malate, magnesium ascorbate)	100 mg
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)	7 mg
Selenium (as selenium complex)	50 mcg
Manganese (TRAACS® manganese glycinate chelate)	250 mcg
Chromium (TRAACS® chromium nicotinate glycinate chelate)	250 mcg
Molybdenum (TRAACS® molybdenum glycinate chelate)	25 mcg
Potassium (potassium citrate, potassium ascorbate)	49 mg
Pumpkin Seed Extract	25 mg
Saw Palmetto Berry Extract	25 mg
N-Acetyl L-Carnitine HCl	25 mg
N-Acetyl Cysteine (NAC)	25 mg
Choline (as choline bitartrate)	20 mg
Inositol	20 mg
Glycine	15 mg
L-Taurine	15 mg
Tribulus terrestris Fruit Extract	15 mg
L-Glutamic Acid	12 mg
L-Alanine	12 mg
Ginseng Root (Panax ginseng)	12 mg
L-Lysine (HCl)	10 mg
PABA (para-aminobenzoic acid)	10 mg
Rutin	8 mg
Hesperidin	8 mg
Quercetin	6 mg
R-Alpha Lipoic Acid	5 mg
Lutein	37 mcg
Natural Marine Lipid Concentrate	1.2 g
EPA (eicosapentaenoic acid)	360 mg
DHA (docosahexaenoic acid)	240 mg
Coenzyme Q10 (ubiquinone)	100 mg
Mixed Tocopherols	15 mg

Other Ingredients:

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

Omega 600 EC™: Gelatin, glycerin, food glaze, ethylcellulose, enteric coating, mixed tocopherols.

CoQ-Clear® 100: Miglyol, natural food grade citrus oil, glycerin, purified water, red radish powder, carob extract concentrate, caramel liquid.

Albion, TRAACS, DimaCal and the **Albion Medallion** are registered trademarks of Albion International, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

Contains No: Wheat, yeast, dairy products, artificial colors, sweeteners or preservatives.

Directions: Take one packet 1-2 times daily or as directed by your healthcare practitioner.