

# Foundation Essentials™ FOR MEN



*60 Convenient Daily Dose 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™ 100**, a 100mg (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](http://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	
	Amount	%DV*	Amount	%DV*
Calories			25	
Calories from Fat			20	
Total Fat			2.5 g	4%
Cholesterol			25 mg	8%
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	417%		
Vitamin D3 (as cholecalciferol)	400 IU	100%		
Vitamin E (as d-alpha tocopherol)	100 IU	333%	60 IU	200%
Thiamin (as thiamin mononitrate)	20 mg	1,333%		
Riboflavin (as riboflavin-5'-phosphate, riboflavin)	20 mg	1,716%		
Niacin (as niacin and niacinamide)	60 mg	300%		
Vitamin B-6 (as pyridoxal-5'-phosphate)	20 mg	1,000%		
Folate (as folic acid)	800 mcg	200%		
Vitamin B-12 (as methylcobalamin)	600 mcg	10,000%		
Biotin	1,000 mcg	333%		
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2,000%		
Calcium (TRAACS® calcium glycinate chelate, DimaCal® di-calcium malate, calcium ascorbate)	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, di-magnesium malate, magnesium ascorbate)	200 mg	50%		
Zinc (TRAACS® zinc glycinate chelate, zinc ascorbate)	15 mg	100%		
Selenium (as selenium glycinate complex)	100 mcg	142%		
Manganese (TRAACS® manganese glycinate chelate)	500 mcg	25%		
Chromium (TRAACS® chromium nicotinate glycinate chelate)	500 mcg	417%		
Molybdenum (TRAACS® molybdenum glycinate chelate)	50 mcg	66%		
Potassium (as potassium glycinate complex, potassium ascorbate)	99 mg	2%		
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	**		
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-Lysine HCl	20 mg	**		
Para Amino Benzoic Acid (PABA)	20 mg	**		
Rutin	16 mg	**		
Hesperidin	16 mg	**		
Quercetin	12 mg	**		
R-Alpha Lipoic Acid	10 mg	**		
Lutein	75 mcg	**		
Natural Marine Lipid Concentrate			2.4 g	**
EPA (eicosapentaenoic acid)			720 mg	**
DHA (docosahexaenoic acid)			480 mg	**
CoQ10 (ubiquinone)			200 mg	**
Mixed Tocopherols			30 mg	**

\* 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 EC™: Gelatin, glycerin, food glaze, ethylcellulose, enteric coating, magnesium silicate, mixed tocopherols, and vanillin.

Other ingredients for 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 Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.

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