



Everyday Essentials Men's

Comprehensive Formula for Men's Health*

Everyday Essentials Men's Supplementation

Everyday Essentials Men's contains a comprehensive mix of essential vitamins and minerals to support men's health.* Each bottle contains 30 packets of high-quality broad-coverage supplements, including Essential Multi, Omega Pure EPA-DHA 600+, Testro Balance, Zinc Pro, and His Vitality. An extensive body of clinical research has demonstrated the efficacy of Everyday Essentials Men's to:

- Support healthy testosterone and androgen balance*
- Support cognitive function and balanced mood*
- Support energy production and vitality*
- Support healthy gastrointestinal integrity and permeability*
- Support healthy cellular metabolism*
- Support healthy hormone, immune, endocrine, and cardiovascular function*

How Everyday Essentials Men's Works

Omega Pure EPA-DHA 600+ provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids imperative for optimal health and wellness.* Clinical evidence shows that DHA and EPA are some of the strongest natural promoters of a healthy cardiovascular system and healthy immune function.*^{1,2}

Essential Multi features a comprehensive proprietary blend of potent herbal extracts rarely found in the diet that are essential to optimal health and longevity.*^{3,4,5} A patented B vitamin complex, BioFolate®, contains biologically active folate to ensure proper absorption essential for healthy cellular functions.*

Testro Balance provides bioavailable micronutrients, polyphenols, phytosterols, and key herbal extracts to support testosterone and androgen balance in the body.* Proper testosterone balance is key for supporting healthy mood, libido, vitality, energy levels, and reproductive processes.*^{6,7,8,9}

Zinc Pro features bioavailable chelated zinc arginate and zinc bisglycinate. The chelation process bonds zinc with amino acids to enhance absorption and support intestinal permeability.*^{10,11} Zinc is present in metalloenzymes, playing key roles in many bodily tissues, modifying gene expression, supporting healthy cell membranes, supporting immune function, and promoting reproductive health.*¹²

His Vitality supports balanced male hormones for increased libido, energy, and mood.* Herbal ingredients work synergistically to promote healthy testosterone balance and support healthy blood circulation.*^{13,14,15} The included adaptogens provide herbal support for adrenal functions and the body's reaction to stressors to support energy and mood.*^{16,17,18}



GLUTEN-FREE



DAIRY-FREE



NON-GMO



cGMP FACILITY

For more information, visit: www.nutridyn.com

Why Use Everyday Essentials Men's?

Research cited herein suggests that supplementation with Everyday Essentials Men's can help promote overall health and well-being by supporting the health needs specific to men, such as healthy testosterone and androgen balance.♦

Supplement Facts

Serving Size: 1 Packet

Servings Per Container: 30

	Amount	%DV*
Calories	20	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%*
Vitamin A (50% as beta carotene and as retinyl acetate)	2,000 mcg RAE	222%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	80 mg	89%
Vitamin D3 (as cholecalciferol)	26 mcg	130%
Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol)	51.37 mg	342%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamin (as thiamin mononitrate)	17 mg	1,417%
Riboflavin	10 mg	769%
Niacin (as niacinamide and niacin)	33 mg NE	206%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	32 mg	1,882%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	866 mcg DFE	217%
Vitamin B12 (as methylcobalamin)	148 mcg	6,167%
Biotin	333 mcg	1,111%
Pantothenic Acid (as calcium-D-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	17 mg	3%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	27 mg	6%
Zinc (as zinc amino acid chelate, zinc bisglycinate, zinc glycinate, zinc arginate chelate, and zinc citrate)	48 mg	436%
Selenium (as selenomethionine and selenium aspartate)	233 mcg	424%
Copper (as cupric citrate)	0.7 mg	78%
Manganese (as manganese ascorbate and manganese citrate)	10.3 mg	448%
Chromium (as chromium polynicotinate)	133 mcg	381%
Molybdenum (as molybdenum aspartate)	33 mcg	74%
Total Omega-3 Fatty Acids	2 g	**
EPA (Eicosapentaenoic acid)	800 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
L-Arginine	75 mg	**
L-Methionine	50 mg	**
Inositol	17 mg	**
Lycopene	9 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i>)	6.7 mg	**
Lutein	4 mg	**
Zeaxanthin	1.3 mg	**
Proprietary Phytonutrient Blend	267 mg	**

Artichoke Extract (leaf; *Cynara scolymus*; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; *Momordica charantia*), Blueberry Extract (fruit; *Vaccinium spp.*; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; *Cinnamomum cassia*), Citrus Extract (fruit; *Citrus aurantium*; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; *Coffea arabica*; standardized to 50% chlorogenic acid),

	Amount	%DV*
Green Tea Extract (leaf; <i>Camellia sinensis</i> ; standardized to 98% polyphenols, 75% catechins, 45% EGCG), Heartwood Extract (wood/bark; <i>Acacia catechu</i> ; standardized to 6% catechins), Prune Extract (fruit; <i>Prunus domestica</i> ; standardized to 50% polyphenols), Pomegranate Extract (fruit; <i>Punica granatum</i> ; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; <i>Rosmarinus officinalis</i> ; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; <i>Nasturtium officinale</i>).		
Maca Extract (root; <i>Lepidium meyenii</i>)	300 mg	**
Green Tea Extract (leaf; <i>Camellia sinensis</i> ; standardized to 98% polyphenols, 75% catechins, and 45% EGCG)	167 mg	**
Turmeric Extract (root; <i>Curcuma longa</i> ; standardized to 95% curcuminoids)	79 mg	**
Soybean Extract (standardized to 40% isoflavones)	62.5 mg	**
Ginkgo Extract (leaf; <i>Ginkgo biloba</i> ; standardized to 24% flavonol glycosides, 6% terpene lactones)	60 mg	**
Eleuthero Extract (root; <i>Acanthopanax senticosus</i> ; standardized to 0.8% eleutherosides)	50 mg	**
Orchic Substance (porcine)	50 mg	**
Phytosterols (containing 40% beta-sitosterol)	50 mg	**
Betaine (as betaine HCl)	37.5 mg	**
Ashwagandha Extract (root; <i>Withania somnifera</i> ; standardized to 5% withanolides)	30 mg	**
Forskohlii Extract (root; <i>Coleus forskohlii</i> ; standardized to 20% forskolin)	30 mg	**
Flax Seed Lignans (from flaxseed extract; seed; <i>Linum usitatissimum</i>)	25 mg	**
Muira Puama Extract (bark; <i>Ptychopetalum olacoides</i>)	25 mg	**
Tribulus Extract (fruit; <i>Tribulus terrestris</i> ; standardized to 45% saponins)	25 mg	**
Black Pepper Extract (fruit; <i>Piper nigrum</i> ; standardized to 95% piperine) (BioPerine®)	5 mg	**
Olive Extract (leaf; <i>Olea europaea</i> ; standardized to 15% oleuropein)	5 mg	**

Other Ingredients: Essential Multi: Microcrystalline cellulose, hypromellose, starch, d-calcium phosphate, vegetable magnesium stearate, silica. Omega Pure EPA-DHA 600+: Norwegian fish oil, d-alpha tocopherol, natural citrus flavored gelatin (gelatin, glycerin, and water). Testro Balance: Hypromellose, vegetable magnesium stearate, silica. Zinc Pro: Microcrystalline cellulose, hypromellose, vegetable stearic acid, vegetable magnesium stearate. His Vitality: Hypromellose, vegetable magnesium stearate.

Contains: Fish (anchovy, sardine, mackerel), and Soy.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

BioPerine® is a registered trademark of Sabinsa Corporation.

Directions: Take one packet daily or as directed by your healthcare practitioner.

Caution: If taking medication or other nutritional supplements, consult your healthcare practitioner before use. Excessive intake of vitamin A may be toxic and may contribute to osteoporosis. Contains fish oil. Do not use if you are allergic to fish or fish oil. Keep out of reach of children.

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♦ 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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