

# professional MULTI-Vitamin PAK for men

- Professional strength multi-vitamin with added antioxidants and digestive enzymes.
- Powerful, naturally occurring phyto-nutrients included with extra CoQ10.
- Added brain, liver and insulin support.
- Heart-smart Premium Omega-3 fatty acids included.
- Specifically designed for optimal men's health.

## Nutrition Facts

High Absorption Multi-Vitamin for Men with Antioxidant Complex and Digestive Enzymes (3 White Tablets)

| Vitamins and Minerals   |           |
|---|-----------|
| Vitamin A (Vitamin A acetate / beta carotene)                 | 5000 I.U. |
| Vitamin D3 (Cholecalciferol)                                  | 300 I.U.  |
| Vitamin C (Ascorbic acid)                                     | 1000 mg   |
| Vitamin E (d-alpha tocopherol acetate with mixed tocopherols) | 200 I.U.  |
| Vitamin B1 (Thiamine mononitrate)                             | 50 mg     |
| Vitamin B2 (Riboflavin)                                       | 50 mg     |
| Vitamin B3 (Niacinamide)                                      | 50 mg     |
| Vitamin B6 (Pyridoxine HCl)                                   | 50 mg     |
| Folic acid  | 400 mcg   |
| Vitamin B12 (Cyanocobalamin)                                  | 100 mcg   |
| Biotin  | 100 mcg   |
| Pantothenic acid (Calcium d-pantothenate)                     | 50 mg     |
| Calcium (Calcium carbonate)                                   | 250 mg    |
| Magnesium (HVP Chelate)                                       | 75 mg     |
| Zinc (Zinc picolinate)  | 25 mg     |
| Selenium (Selenomethionine)                                   | 100 mcg   |
| Copper (Copper sulphate)                                      | 2 mg      |
| Manganese (Manganese sulphate)                                | 1 mg      |
| Molybdenum (Yeast)  | 50 mcg    |
| Potassium (Potassium gluconate)                               | 10 mg     |
| Choline (Choline bitartrate)                                  | 50 mg     |
| Inositol  | 50 mg     |
| PABA (Para amino benzoic acid)                                | 50 mg     |
| Iodine (Potassium iodide)                                     | 150 mcg   |

### Antioxidant Complex

|  |        |
|--|--------|
| Grape seed extract (95% Proanthocyanidins/OPC) | 100 mg |
| Green tea extract (40% EGCG)                   | 100 mg |
| Bioflavonoids (Citrus)                         | 250 mg |
| Rutin  | 25 mg  |
| Lycopene                                       | 0.1 mg |
| Lutein   | 0.1 mg |
| Hesperidin Complex                             | 25 mg  |
| Quercitin                                      | 25 mg  |

### Digestive enzymes

|           |          |
|-----------|----------|
| Amylase   | 1800 SKB |
| Protease  | 450 HUT  |
| Cellulase | 15 CU    |
| Lactase   | 300 ALU  |
| Lipase    | 75 FIP   |

Non-medicinal ingredients: microcrystalline cellulose, sorbitol, titanium dioxide, magnesium stearate.

### Premium Omega 3 Fatty Acids

|                             |        |
|-----------------------------|--------|
| (1 Clear Softgel)           |        |
| EPA (eicosapentaenoic acid) | 180 mg |
| DHA (docosahexaenoic acid)  | 120 mg |

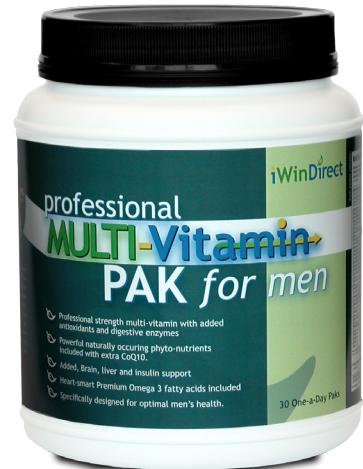
Non-medicinal ingredients: Gelatin, purified water, glycerin.

| Phytonutrient complex with Coenzyme Q10 (2 Clear Capsules with Green Powder) |         |
|--|---------|
| Acerola berry extract  | 16.6 mg |
| Alfalfa powder   | 76 mg   |
| Apple fibre powder   | 166 mg  |
| Barley grass powder  | 116 mg  |
| Bilberry extract (4:1 PE, 25% anthocyanosides)                               | 0.8 mg  |
| Broccoli powder  | 26 mg   |
| Brown rice bran powder   | 64 mg   |
| Carrot powder  | 104 mg  |
| Coenzyme Q10   | 30 mg   |
| Ginkgo biloba (50:1 PE)  | 3.4 mg  |
| Green tea extract (20:1 PE, 90% polyphenols)                                 | 1.6 mg  |
| Grape seed extract (500:1 PE, 95% proanthocyanidins)                         | 1.6 mg  |
| Horsetail grass (4:1 PE)   | 3.4 mg  |
| Kelp sea algae   | 3.4 mg  |
| Licorice root (4:1 PE, 26% glycyrrhizin)                                     | 16.6 mg |
| Milk thistle (30:1 PE, 80% silymarin)  | 8.4 mg  |
| Panax ginseng (28:1 PE)  | 4.2 mg  |
| Soya lecithin  | 336 mg  |
| Soy sprouts powder   | 58 mg   |
| Spinach powder   | 58 mg   |
| Spirulina blue-green algae   | 226 mg  |
| Stevia leaf powder   | 38 mg   |
| Tomato powder  | 26 mg   |
| Wheat grass powder   | 34 mg   |

Non-medicinal ingredients: Gelatin, purified water, glycerin.

| Physiological support (2 Blue and White Capsules)         |         |
|---|---------|
| <b>Brain Function</b>                                     |         |
| L-Tyrosine  | 500 mg  |
| Ginkgo biloba (24% Gingko flavon glycosides, 6% terpenes) | 50 mg   |
| Vinpocetine   | 5 mg    |
| Huperzine   | 50 mcg  |
| <b>Insulin Support</b>                                    |         |
| Alpha lipoic acid   | 50 mg   |
| Cinnamon extract  | 50 mg   |
| Chromium (Chromium picolinate)                            | 100 mcg |
| <b>Liver support</b>                                      |         |
| Milk thistle (80% silymarin)                              | 100 mg  |
| Dandelion   | 75 mg   |
| N-acetyl cysteine   | 100 mg  |

Non-medicinal ingredients: Gelatin, titanium dioxide, FD&C Blue #1, D&C Red #28.



There is no question that today's foods are lacking the nutrients they once had due to soil depletion and aggressive production techniques required to get our food to the supermarket in enough quantity and for the right price. Sub-optimal nutrition is even a larger issue if you are active because the human body will demand a greater variety of compounds in order for all of its systems to work at full potential.

iWinDirect has formulated a professional strength multi-vitamin and combined it with powerful, naturally occurring phyto-nutrients and lipids in one convenient daily serving. You now have the peace of mind that you won't be missing anything that will prevent you from maximizing your health on all levels.

We've even included brain, liver and insulin supporting ingredients which are vital to help you get the most out of life.

This complete nutrient pak is for MEN because men's bodies are very different from women's bodies and therefore require significantly different nutrition.

## ABOUT THE MANUFACTURER

Direct NutriSciences holds a government-issued Natural Health Product Site Licence that exceeds conventional cGMP standards. Product safety is always the highest priority at Direct NutriSciences. All products have been produced in a positively pressured, hepa-filtered environment, which eliminates the threat of any contamination. Direct NutriSciences has developed a reputation of being the leading expert in Formulation and Flavouring in Canada. They produce some of Canada's leading sports nutrition products.

**Quantity:**  
**30 One-a-Day Paks**

**iWinDirect**