



Men's Performance Daily Multivitamin

AM/PM

Product Monograph



The ***Men's Performance Daily***

Multivitamin AM/PM are formulated to provide the male body with key nutrients needed for proper metabolism especially while maintaining a healthy workout routine. ***Men's Performance Daily Multivitamin AM/PM*** are 2 separate formulas to support your body in exercise recovery and to help bring balance to your metabolism - one for the morning (AM) and one formulated for the evening (PM). The products contain highly absorbable forms of these nutrients, providing the maximal protection for the body. ***Men's Performance Daily Multivitamin AM/PM*** contain more than just vitamins and minerals, especially for those of us that exercise more than 3 times a week. The supplements each contain key antioxidant and immune supportive nutrients, nutrients for stress and energy, nutrients to maximize your workout and nutrients to help keep your prostate healthy. ***Men's Performance Daily Multivitamin AM/PM*** also contain a Mixed Vegetable Complex and Mixed Fruit Complex, all formulated to maximize the health benefits of these multivitamins.

Ingredients:**Each 3 capsules contains:****Men's Performance Daily Multivitamin AM****S U P P L E M E N T F A C T S**

Serving Size 3 Capsules Servings Per Container 30

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as beta carotene, Betatene® natural mixed carotenoids)	5000 IU 100%	Molybdenum (as amino acid chelate)	10 mcg 13%
Vitamin C (as ascorbic acid)	250 mg 417%	Choline (as bitartrate)	200 mg *
Vitamin D (as cholecalciferol)	200 IU 50%	Green Tea Extract (50% polyphenols)	100 mg *
Vitamin E (as d-alpha tocopheryl succinate, alpha, beta, gamma & delta tocopherols)	200 IU 667%	L-Carnitine (tartrate)	100 mg *
Thiamine (as mononitrate, carboxylase)	20 mg 1333%	Saw Palmetto Berry Extract (25% total fatty acids and sterols)	100 mg *
Riboflavin (as riboflavin, riboflavin 5-phosphate)	20 mg 1176%	Pumpkin Seed	3 mg *
Niacin (as niacinamide)	25 mg 125%	Pygeum Bark	3 mg *
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5-phosphate)	20 mg 1000%	Bromelain	100 mg *
Folate (as folic acid)	400 mcg 100%	Curcuma longa extract (rhizome, standardized to 95% curcuminoids)	25 mg *
Vitamin B12 (as cyanocobalamin)	38 mcg 633%	Grape Seed Extract (95% proanthocyanidins)	25 mg *
Biotin	210 mcg 70%	Alpha Lipoic Acid	15 mg *
Pantothenic Acid (as d-calcium pantothenate, pantethine)	40 mg 400%	Coenzyme Q10	15 mg *
Calcium (as carbonate, citrate, gluconate)	60 mg 6%	Cranberry Extract (fruit)	3 mg *
Iodine (from kelp)	75 mcg 50%	Glycine	3 mg *
Magnesium (as oxide, amino acid chelate, citrate)	30 mg 8%	Rhodiola Rosea Extract (3% rosavins)(root)	3 mg *
Zinc (as oxide, amino acid chelate)	5 mg 33%	Lycopene	3 mg *
Selenium (as selenomethionine)	25 mcg 36%	Mixed Vegetable Complex (Broccoli, Celery, Cauliflower, Cabbage, Brussels Sprouts, Yams, Kale, Carrots, Collard Greens, Spinach)	25 mg *
Copper (as amino acid chelate, gluconate)	0.4 mg 20%	Mixed Fruit Complex (Apples, Kiwi, Pears, Lemons, Limes, Tangerines, Grapefruits, Oranges)	25 mg *
Manganese (as amino acid chelate)	1 mg 50%		
Chromium (as polynicotinate, picolinate, Chelavite®)	25 mcg 21%		

* %Daily Value not established

Men's Performance Daily Multivitamin PM

S U P P L E M E N T F A C T S			
Serving Size 3 Capsules		Servings Per Container 30	
Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Vitamin A (as beta carotene, Betatene® natural mixed carotenoids)	1000 IU 20%	Molybdenum (as amino acid chelate)	70 mcg 93%
Vitamin C (as ascorbic acid)	150 mg 250%	Choline (as bitartrate)	50 mg *
Vitamin D (as cholecalciferol)	200 IU 50%	Vanadium (as vanadyl sulfate)	50 mcg *
Vitamin E (as d-alpha tocopheryl succinate, alpha, beta, gamma & delta tocopherols)	250 IU 833%	Green Tea Extract (50% polyphenols)	50 mg *
Vitamin K (as phytonadione)	80 mcg 100%	L-Carnitine (tartrate)	100 mg *
Thiamine (as mononitrate, carboxylase)	0.6 mg 40%	Saw Palmetto Berry Extract (25% total fatty acids and sterols)	100 mg *
Riboflavin (as riboflavin, riboflavin 5-phosphate)	0.6 mg 35%	Pumpkin Seed	3 mg *
Niacin (as niacinamide)	5 mg 25%	Pygeum Bark	3 mg *
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5-phosphate)	0.6 mg 30%	Bromelain	100 mg *
Folate (as folic acid)	400 mcg 100%	Curcuma longa extract (rhizome, standardized to 95% curcuminoids)	25 mg *
Vitamin B12 (as cyanocobalamin)	6 mcg 100%	Grape Seed Extract (95% proanthocyanidins)	25 mg *
Biotin	50 mcg 17%	Alpha Lipoic Acid	15 mg *
Pantothenic Acid (as d-calcium pantothenate, pantethine)	0.6 mg 6%	Coenzyme Q10	15 mg *
Calcium (as carbonate, citrate, gluconate)	60 mg 6%	Cranberry Extract (fruit)	3 mg *
Iodine (from kelp)	75 mcg 50%	Glycine	3 mg *
Magnesium (as oxide, amino acid chelate, citrate)	30 mg 8%	Rhodiola Rosea Extract (3% rosavins)(root)	3 mg *
Zinc (as oxide, amino acid chelate)	35 mg 233%	Lycopene	2.5 mg *
Selenium (as selenomethionine)	75 mcg 107%	Mixed Vegetable Complex (Broccoli, Celery, Cauliflower, Cabbage, Brussels Sprouts, Yams, Kale, Carrots, Collard Greens, Spinach)	25 mg *
Copper (as amino acid chelate, gluconate)	1 mg 50%	Mixed Fruit Complex (Apples, Kiwi, Pears, Lemons, Limes, Tangerines, Grapefruits, Oranges)	25 mg *
Manganese (as amino acid chelate)	4 mg 200%		
Chromium (as polynicotinate, picolinate, Chelavite®)	125 mcg 104%		

* %Daily Value not established

Recommended Uses:

To support men's health and supplement the individual's diet and exercise program with key nutrients, including vitamins and minerals, in order to help support the body during exercise recovery and to prevent disease and promote general health.

Recommended Dosages:

Take 3 capsules daily of AM in the morning, and 3 capsules of PM in the evening, for a total of 6 capsules daily.

Toxicity, Contraindications, or Side Effects:

Do not use if you are allergic to any ingredients in these formulas. If you have an underlying health condition or take prescription medications, do not use unless under the supervision of a doctor.

Packaging:

Available in bottles of 90 capsules each.

Stability:

Shelf life of 3 years when stored in a cool, dry location.

Ingredient Descriptions:

Vitamin	Specific use(s) or purpose(s)¹
Biotin	Helps the body to metabolize carbohydrates, fats and proteins. Helps to prevent biotin deficiency.
Choline	To help support healthy cellular function, especially in muscle recovery and repair
Folate	Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy. Helps the body to metabolize proteins. Helps to form red blood cells. Helps decrease the formation of homocysteine and decrease the risk of cardiovascular disease. Helps decrease the risk of developing certain cancers, such as colon cancer. Helps to prevent folate deficiency.
Niacin and Niacinamide	Helps the body to metabolize carbohydrates, fats and proteins. Helps normal growth and development. Helps to prevent niacin deficiency.
Pantothenic acid	Helps the body to metabolize carbohydrates, fats and proteins. Helps in tissue formation. Helps to prevent pantothenic acid deficiency.
Riboflavin	Helps the body to metabolize carbohydrates, fats and proteins. Helps in tissue formation. Helps to prevent riboflavin deficiency.
Thiamine	Helps the body to metabolize carbohydrates, fats and proteins. Helps normal growth. Helps to prevent thiamine deficiency.
Vitamin A	Helps to maintain eyesight, skin, membranes and immune function. Helps in the development and maintenance of night vision. Helps in the development and maintenance of bones and teeth. Helps to prevent vitamin A deficiency.
Vitamin B ₆	Helps the body to metabolize carbohydrates, fats and proteins. Helps in tissue formation.

	Helps to prevent vitamin B ₆ deficiency.
Vitamin B ₁₂	Helps the body to metabolize carbohydrates, fats and proteins. Helps to form red blood cells. Helps decrease the formation of homocysteine, which decreases the risk of cardiovascular disease. Helps to prevent vitamin B ₁₂ deficiency.
Vitamin C	Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health. Helps to prevent vitamin C deficiency.
Vitamin D	Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. May help reduce the risk of osteoporosis and cancer. Helps to prevent vitamin D deficiency.
Vitamin E	An antioxidant for the maintenance of good health. Helps to prevent vitamin E deficiency.
Vitamin K	Helps in the maintenance of bones. Helps to prevent vitamin K deficiency.

Mineral	Specific use(s) or purpose(s)²
Calcium	Helps in the development and maintenance of bones and teeth Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps to prevent calcium deficiency.
Chromium	Provides support for healthy glucose metabolism. Helps the body to metabolize carbohydrates and fats. Helps to prevent chromium deficiency.
Copper	Helps to produce and repair connective tissue. Helps to form red blood cells. Helps to prevent copper deficiency.
Iodine	Helps in the function of the thyroid gland. Helps to prevent iodine deficiency.

Magnesium	<p>Helps the body to metabolize carbohydrates, fats and proteins, supporting healthy insulin and blood sugar levels.</p> <p>Helps in the development and maintenance of bones and teeth.</p> <p>Helps in tissue formation.</p> <p>Helps to maintain proper muscle function.</p> <p>Helps to prevent magnesium deficiency.</p>
Manganese	<p>Helps the body to metabolize carbohydrates, fats and proteins.</p> <p>Helps in the development and maintenance of bones.</p> <p>Helps to prevent manganese deficiency.</p>
Molybdenum	<p>Helps the body to metabolize proteins.</p> <p>Helps to prevent molybdenum deficiency.</p>
Phosphorus	<p>Helps in the development and maintenance of bones and teeth.</p> <p>Helps the body to metabolize carbohydrates, fats and proteins.</p> <p>Helps to prevent phosphorus deficiency.</p>
Selenium	<p>An antioxidant for the maintenance of good health.</p> <p>Helps to prevent selenium deficiency.</p>
Vanadium	To help support healthy blood sugar levels
Zinc	<p>Helps in connective tissue formation.</p> <p>Helps to maintain healthy skin.</p> <p>Helps the body to metabolize carbohydrates, fats and proteins.</p> <p>Helps to maintain immune function.</p> <p>Helps to prevent zinc deficiency.</p>

Supporting Research

Vitamin deficiency syndromes such as scurvy and beriberi are uncommon in Western societies. However, suboptimal intake of some vitamins, above levels causing classic vitamin deficiency, is a risk factor for chronic diseases and common in the general population, especially the elderly. Inadequate dietary intakes of vitamins and minerals are widespread, most likely due to excessive consumption of energy-rich, micronutrient-poor, refined foods. Inadequate intakes of key nutrients may result in chronic metabolic disruption, including an increase in inflammatory signaling, insulin resistance, and oxidative stress eventually leading to chronic diseases such as cardiovascular disease, type 2 diabetes, and cancer.³

Suboptimal folic acid levels, along with suboptimal levels of vitamins B-6 and B-12, are a risk factor for cardiovascular disease, neural tube defects, and colon and breast cancer; low levels of vitamin D contribute to osteopenia and fractures along with increasing insulin resistance; and low levels of the antioxidant vitamins (vitamins A, E, and C) may increase risk for inflammatory signaling, decrease nitric oxide production and result in chronic diseases. Most people do not consume an optimal amount of all vitamins by diet alone. Most adults have dietary deficiencies in one or more vitamins and should be taking multivitamin supplements.⁴ Studies have found that those who use multiple vitamin supplements have more healthful dietary and lifestyle behaviors than nonusers.⁵

It is known that exercise, especially heavy exercise, can deplete the body of key nutrients and generate free radicals that can lead to oxidative damage and lead to muscle weakness and fatigue.⁶ Exercise can also impact fat metabolism, shorten the life span of cells and can accelerate the aging process. Antioxidants help decrease the effects of oxidative stress in the body, including those using a fitness/exercise program. Also, athletes who have poor diets, especially those restricting energy intakes or eliminating food groups from the diet, should consider supplementing with a multivitamin/mineral supplement.⁷

Some of the health conditions reported to benefit from daily multiple vitamin/mineral supplementation include:

- ***Anti-Aging:*** Use of multivitamin supplements have been reported to decrease some of the negative health effects associated with aging, including increases in inflammatory signaling and increases in oxidative stress with resulting DNA damage.^{8,9} Supplementation with a daily multivitamin may decrease the prevalence of suboptimal vitamin status in older adults and improve their micronutrient status to levels associated with reduced risk for several chronic diseases, including cardiovascular disease, type 2 diabetes and cancer.
- ***Anti-Social School Behavior:*** A randomized, double blind placebo controlled study of 463 Hispanic students ages 6-12 at half-dose found that multiple vitamin/mineral supplementation for a year decreased anti-social behavior.¹⁰ Another study found that prisoners committed fewer offenses when receiving a multiple vitamin/mineral supplement along with an omega-3 fatty acid.¹¹
- ***Cataracts:*** A study of 2873 participants (aged 49 to 97 years) who attending the cross-sectional Blue Mountains Eye Study found the multiple

vitamin/mineral supplementation was associated with a reduced prevalence of either nuclear or cortical cataract.¹²

- Another randomized, double-masked, single center, placebo-controlled clinical trial of 1,020 participants, 55 to 75 years old and with early or no cataract, randomly assigned a daily tablet of a multivitamin/mineral formulation or a placebo.¹³ Lens events were less common in participants who took the multivitamin/mineral formulation.
- **Cancer:** The association between multivitamin use and colon cancer incidence or mortality has been examined in three cohort studies^{14,15,16} and one case-control study.¹⁷ All four studies found reduced risk of colon cancer with either a long interval since first use or a long duration of use.
- In a 10 year follow-up of 145,000 adults, past use of a multivitamin supplement in the past 10 years reduced the incidence of developing colorectal cancer.¹⁸ However, a study followed 295,344 men enrolled in the National Institutes of Health-AARP Diet and Health Study to determine the association between multivitamin use and prostate cancer risk. After five years of follow-up, 10,241 men were diagnosed with prostate cancer, including 8,765 with localized cancers and 1,476 with advanced cancers. The researchers found no association between multivitamin use and the risk of localized prostate cancer. But they did find an increased risk of advanced and fatal prostate cancer among men who used multivitamins more than seven times a week, compared with men who did not use multivitamins. The association was strongest in men with a family history of prostate cancer and men who also took selenium, beta-carotene, or zinc supplements.¹⁹
- A study of the association between multivitamin supplement use and breast cancer risk in 37,920 US women aged ≥ 45 years was performed.²⁰ During an average of 10 years of follow-up, 1,171 cases of invasive breast cancer were documented. Multivitamin use was not significantly associated with overall risk of breast cancer. However, multivitamin use might reduce risk for women consuming alcohol or decrease risk of estrogen receptor negative-progesterone receptor negative breast cancer.
- **Cognition:** A randomized, double-blind placebo controlled clinical study in 96 elderly patients (older than 65 years) found that multivitamin supplementation produced a significant improvement in all cognitive tests ($P < 0.001$ to 0.05) except long-term memory recall ($P > 0.1$).²¹ Those whose blood-nutrient levels were below the reference standard showed lower responses on cognitive tests. However, several studies have found no benefit in improving cognitive function while using multivitamin supplements.^{22,23} Another double-blind study in 127 young, healthy adults found that high doses of multiple vitamins/minerals (taken for a year) found that females had a higher improvement in cognitive function.²⁴

- **Cardiovascular Disease:** Vitamin intake can reduce oxidative stress and improve endothelial function, decreasing the risk associated with cardiovascular disease.²⁵ A retrospective analysis of blood samples of 87 patients in a six-month study found that multivitamins lowered C-reactive protein levels.²⁶ Use of a multivitamin has been associated with reduced death rates from cardiovascular disease.¹⁰
- **Immune Improvement:** In a double blind, placebo-controlled study in 47 adults over age 61, patients were given either a multiple vitamin/mineral supplement or placebo. Those on placebo had decreases in T cells and CD4 cells and CD4:CD8 ratio. The multivitamin group had an increase in CD57 killer cells.²⁷
- Another study found a reduction in infection-related illness when patients took multivitamins.²⁸ 73% placebo group suffered infection-related illness, only 43% of the multivitamin group ($P < .001$) in 158 adults >45yo. These infections led to a 57% rate of any infection-related absenteeism in the placebo group vs. only 21% in the multivitamin group ($P < .001$). A detailed review of these data revealed that these differences were almost entirely due to subjects with diabetes. The prevalence of infection for diabetic participants was 93% in the placebo group vs 17% in the multivitamin group, RR = 0.18.
- Three studies involving 900 adults over 50 found half as many sick days, half as many days with colds or flu (11 vs 24/yr), and 14% fewer infections in those taking daily multivitamin supplements.²⁹ However, a meta analysis including 20 clinical studies found no significant improvement in infection rate, although subgroup analyses suggested that supplemented people aged 65 years or over may benefit more if they are undernourished and supplemented for over 6 months.³⁰
- **Stress:** A multiple-dose, double-blind, placebo-controlled, double-centre study on 300 patients was performed to assess the use of a multivitamin supplement for stress.³¹ The degree of improvement was statistically significant and greatest in the group taking the multivitamin supplement for all psychometric instruments, with this beneficial effect increasing over the course of the day. Also, exercise induced oxidative stress
- **Weight Gain:** Multivitamin supplements increased weight gain during pregnancy in a randomized, placebo-controlled study of 957 HIV-positive women from Dar es Salaam, Tanzania.³² A double blind study of 1561 underweight hospital admissions found the multivitamin supplementation decreased the length of stay (LOS) by 0.4 days.³³ Results suggest greater reductions for those discharged after 10 days.

Supporting Supplements:

Men's Performance Daily Multivitamin AM/PM contain extra supplements that are specifically designed to help improve athletic performance and maximize health. Green tea (*Camelia sinensis*) extract is high in antioxidant polyphenols and is reported to support healthy blood sugar levels, heart and general aging processes.³⁴ L-carnitine helps support energy production, enhances cellular oxygenation and may increase endurance.³⁵ The male reproductive system, including the prostate and bladder, are supported with the use of saw palmetto (*Serenoa repens*) extract, pumpkin (*Cucurbita maxima*) seed, lycopene and pygeum (*Pygeum africanum*) bark.^{36,37,38,39} The antioxidants and health supportive turmeric (*Curcuma longa*) extract, cranberry (*Vaccinium myrtillus*), grape seed (*Vitis vinifera*) extract, lycopene, alpha lipoic acid and coenzyme Q10 are included for maximal support during workout and recovery.^{40,41,42} Coenzyme Q10 has also been reported to increase athletic performance in clinical studies.^{43,44} Rhodiola (*Rhodiola rosea*) extract helps support the body during stress, such as exercise, and helps support a more balanced recovery from exercise induced stress.⁴⁵ Bromelain helps support digestion and absorption of nutrients⁴⁶, and both bromelain and turmeric help support healthy inflammatory processes during exercise recovery.^{47,48} Glycine also helps support health recovery from exercise.⁴⁹

Men's Performance Daily Multivitamin AM/PM also contain a Mixed Vegetable Complex and Mixed Fruit Complex, maximizing the antioxidant and health benefits of these multivitamins.

DISCLAIMER: Statements made are for educational purposes and have not been evaluated by the US Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any disease. If you have a medical condition or disease, please talk to your doctor prior to using the recommendations given.

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