

Dr. Fuhrman

# PRODUCT FACTS

## MENS DAILY FORMULA + D3



Science moves much faster than most companies can keep pace with, but Dr. Fuhrman strives to keep his products as current as possible.

### MULTIVITAMIN AND MINERAL SUPPLEMENT

Dr. Fuhrman's multivitamins set the gold standard for quality and safety, and are manufactured by a GMP certified and FDA-regulated facility. Dr. Fuhrman selects only the highest-quality ingredients, formulated for rapid disintegration and easy digestion to be well tolerated by all. Men's Daily Formula +D3 is uniquely designed to contain adequate amounts of essential nutrients that may be lacking even in a healthy diet, and to exclude those ingredients that have the potential to cause harm.

Eating more health-promoting plant-derived food and less animal-derived food (especially processed and red meat) is linked to longevity.<sup>1-3</sup> However, reducing animal foods also reduces our exposure to some beneficial nutrients, including zinc, vitamin B12, and iodine. Smart supplementation can fill these gaps and help us achieve nutrient sufficiency without needing to add animal products.

Dr. Fuhrman is adamant about stopping the use of dangerous supplements. Despite the dangers, almost all multivitamins on the market still include potentially harmful ingredients. Men's Daily +D3 does not. For example, there is evidence that too much synthetic folic acid, which is more bioavailable than natural folate, has cancer-promoting effects.<sup>4-7</sup> High doses of supplemental beta-carotene, vitamin A, and vitamin E have been linked to an increased risk of death in several studies.<sup>8,9</sup> There is also evidence that supplemental vitamin A contributes to osteoporotic fractures.<sup>10</sup> Importantly, folate, vitamin E, and beta-carotene (a precursor to vitamin A) are all easy to obtain from vegetables, fruits, nuts, and seeds. Anyone following a healthful diet does not need to supplement with these nutrients. I also recommend avoiding copper and selenium



as supplements, and only taking iron if necessary (such as a diagnosed deficiency).

#### What makes Men's Daily +D3 unique?

##### Organic fruit and vegetable blend

A blend of whole foods, such as greens and berries, provide an extra boost of phytochemicals in their natural, whole food state. Dr. Fuhrman's new whole food blend now includes only organic vegetables and fruits, including broccoli sprouts, goji berry extract, kale, carrot, beet, blueberry and raspberry.

##### Designed specifically for men

Men's Daily Formula +D3 contains natural extracts of pomegranate, reishi mushroom, cranberry and tomato, since these foods are associated with good prostate health.<sup>11-16</sup> Also included is a small amount of taurine, an amino acid that may support athletic performance

### MENS DAILY + D3

#### Product Features

- Designed specifically for men
- 100% vegan
- Contains extracts of tomato, pomegranate, reishi mushroom and cranberry
- Taurine may support athletic performance in physically active men\*\*
- Free of potentially harmful ingredients\*\*
- Formulated from the most current scientific research available
- Contains 50 mcg (2000 IU) vegan vitamin D3\*\*
- Organic whole food extracts including broccoli, kale, blueberry, and tomato
- Manufactured by a GMP certified and FDA-regulated facility
- Non-GMO
- No gluten-containing ingredients



Men's Daily +D3 includes vitamin C from acerola fruit, iodine from kelp, and calcium and magnesium from seaweed

in physically active men, especially those who follow a plant-based diet.<sup>17, 18\*\*</sup>

### Consistently updated formula reflects most current research

Science moves much faster than most companies can keep pace with, but Dr. Fuhrman strives to keep his products as current as possible. Dr. Fuhrman continually improves the quality of Men's Daily Formula +D3, adjusting its contents to stay current with new scientific research.

### 50 mcg (2000 IU) vegan Vitamin D3

Vitamin D has emerged as a crucial nutrient for many facets of health, and one of which most people don't get enough.<sup>19</sup> Many multivitamins only contain about 10-20 mcg (400-800 IU) of vitamin D, but Men's Daily Formula +D3 contains 50 mcg (2000 IU) of vegan

vitamin D3, so that men can achieve optimal levels of vitamin D in the blood while minimizing the number of supplements they take.

### Vitamin K2

Vitamin K2 is produced by bacteria and is low in plant foods, in contrast to K1 which is abundant in green vegetables. Vitamin K drives chemical reactions that control bone formation, and getting sufficient vitamin K may help to maintain bone density. There is some evidence that K2 is more bioavailable, and has higher functional activity than K1, particularly for functions outside of blood coagulation, such as vitamin K's actions on bone and the cardiovascular system.<sup>20-23</sup> Dr. Fuhrman recommends supplementing with a conservative amount of K2, since it's not present in most plant foods, and K2 may provide some benefits beyond those of K1.

“VITAMIN D HAS RECENTLY EMERGED AS A CRUCIAL NUTRIENT FOR MANY FACETS OF HEALTH, AND ONE OF WHICH MOST PEOPLE DON'T GET ENOUGH.”

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## MENS DAILY FORMULA +D3 Supplement Facts

### Supplement Facts

Serving Size: 2 capsules  
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin C (as calcium ascorbate and acerola fruit extract)	100 mg	111%
Vitamin D (as D3 vegan cholecalciferol (Vdashine®)) (2000 IU)	50 mcg	250%
Thiamin (as thiamin HCl)	0.75 mg	63%
Riboflavin	0.425 mg	33%
Vitamin B12 (as methylcobalamin)	75 mcg	3,125%
Biotin	15 mcg	50%
Pantothenic acid (as D-calcium pantothenate)	5 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium aspartate and magnesium amino acid chelate)	100 mg	24%
Zinc (as zinc bisglycinate chelate and zinc picolinate)	10 mg	91%
Chromium (as chromium amino acid chelate)	17.5 mcg	50%
Taurine	250 mg	-
Pomegranate fruit extract	160 mg	-
Reishi mushroom extract	50 mg	-
Cranberry fruit extract	50 mg	-
Tomato/Lycopene concentrate (providing 2 mg lycopene)	50 mg	-
Vitamin K2 (as natural menaquinone-7 (K2Vital®))	40 mcg	-
Vanadium (as vanadium amino acid chelate)	10 mcg	-
Fruit, Veggie and Greens Blend:	150 mg	-
Organic broccoli sprout, organic acai fruit extract ( <i>Euterpe oleracea</i> ), organic lycium (goji) berry extract, organic cranberry, organic apple, organic kale, organic broccoli, organic spinach, organic carrot, organic parsley, organic beet, organic green cabbage, organic blueberry, organic raspberry, organic strawberry, organic tomato		

\*Daily Value (DV) not established.

**Other Ingredients:** hypromellose, vegetable stearate, silica.

### Suggested Use:

Suggested Use: Two capsules daily (best when taken with meals). Capsules can be opened and contents mixed with food or drink.

\*\*These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

Men's Daily Formula is vegan and does not contain dairy, soy, wheat or GMOs.

For more detailed information about this supplement, visit [shop.drfuhrman.com/mens-daily-multivitamin-vegan/](http://shop.drfuhrman.com/mens-daily-multivitamin-vegan/)