

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. Dr. Fuhrman is adamant about stopping the use of dangerous supplements. For example, several long-term scientific studies have demonstrated increased risks of cancer or premature death from the use of supplemental folic acid and Vitamin A. Men's Daily Formula +D3 excludes potentially harmful ingredients, such as vitamin A, beta-carotene, vitamin E, folic acid, and copper.^{1-3**}

Certain whole food derived nutrients are known to be more bioavailable than their synthetic counterparts and these forms are preferentially included in Men's Daily Formula +D3. Amino acid chelated minerals, a highly absorbable form of minerals, are also included. Whole-food extracts of greens and berries provide an extra boost of phytochemicals in their natural, whole-food state for optimal nutrient absorption and antioxidant benefit.⁴ Another benefit of Men's Daily Formula +D3 is the substantial vitamin D content included, reducing the need for additional supplements. Finally, for those who prefer not to swallow pills, the vegan capsules can be opened and the contents added to food or drink.

What makes it unique?



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.⁴⁻⁷ Also included is a small amount of taurine, an amino acid that may support athletic performance in physically active men, especially those who follow a plant-based diet.^{8,9**}

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.

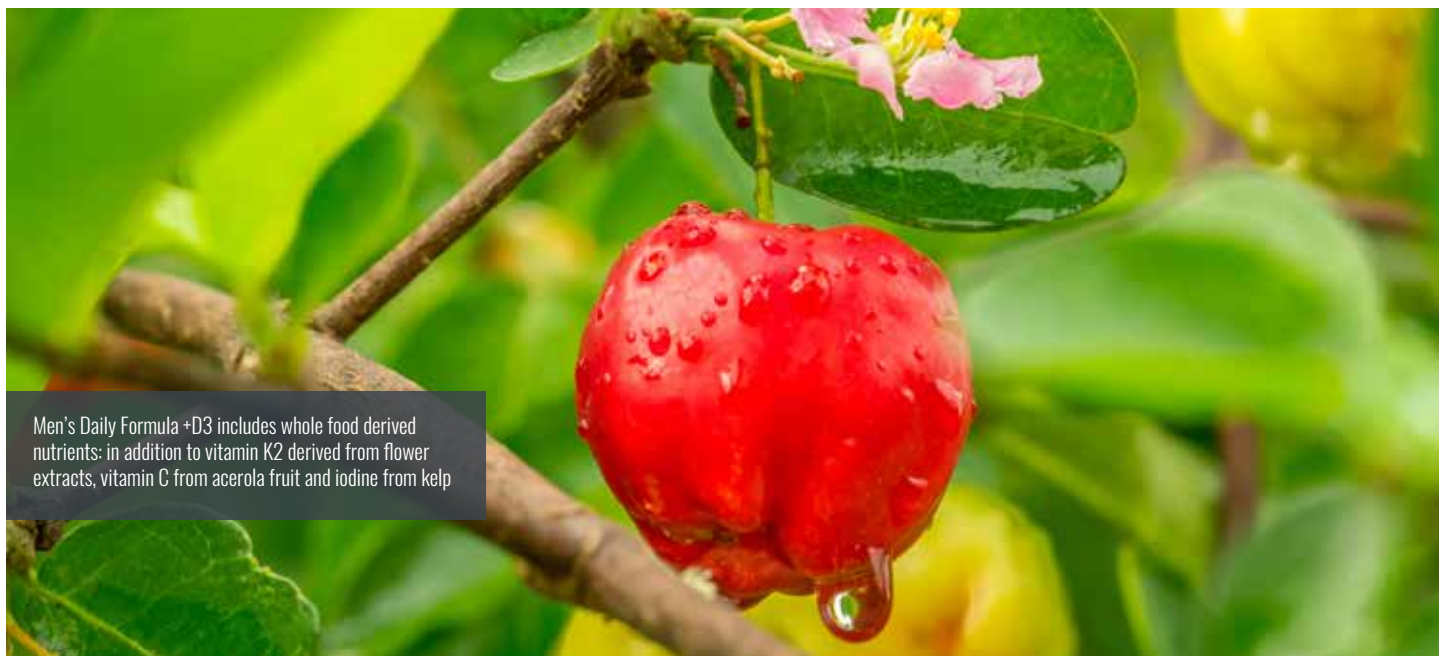
Free of potentially harmful ingredients

Certain nutrients, in isolated supplement form, are

MENS DAILY + D3

Product Features

- Designed specifically for men
- 100% vegan
- Contains extracts of tomato, pomegranate, reishi mushroom and cranberry
- May support athletic performance in physically active men**
- Free of potentially harmful ingredients**
- Formulated from the most current scientific research available
- Contains 2000 IU vegan vitamin D3**
- Whole food derived nutrients and whole food extracts
- Manufactured by a GMP certified and FDA-regulated facility
- Non-GMO
- No gluten-containing ingredients
- Packaged in post-consumer resin (PCR)



Men's Daily Formula +D3 includes whole food derived nutrients: in addition to vitamin K2 derived from flower extracts, vitamin C from acerola fruit and iodine from kelp

potentially harmful—these include vitamin A, beta-carotene, vitamin E, folic acid, and copper.^{1-3**} Despite these dangers, almost all multivitamins on the market still include these ingredients. Men's Daily Formula +D3 does not.

2000 IU vegan Vitamin D3

Vitamin D has recently emerged as a crucial nutrient for many facets of health, and one of which most people don't get enough. 10 Most multivitamins only contain about 400 IU of vitamin D, but Men's Daily Formula +D3 contains 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, which is an important nutrient for bone health, is produced by microorganisms and is low in plant foods. K2 drives chemical reactions that

control bone formation, and getting sufficient K2 may help to maintain bone density. Observational studies also suggest that getting adequate K2 may have cardiovascular benefits.¹¹ Dr. Fuhrman's Men's Daily Formula +D3 includes Vitamin K2 to assure adequacy of this crucial nutrient. Also, the vitamin K2 is derived from flower extracts, a more bioavailable form than synthetic vitamin K1.**

Whole food derived nutrients and whole food extracts

Men's Daily Formula +D3 includes whole food derived nutrients: in addition to vitamin K2, derived from flower extracts, vitamin C from acerola fruit; and iodine from kelp. Additionally, 17 different whole-food extracts, including kale, acai, watercress, and goji berry, have been added to supply additional phytochemicals and maximize the antioxidant benefit of the supplement.**

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

1. Bjelakovic G, Nikolova D, Gluud LL, et al. **Antioxidant supplements for prevention of mortality in healthy participants and patients with various diseases.** *Cochrane Database Syst Rev* 2012; 3:CD007176.
2. Baggott JE, Oster RA, Tamura T. **Meta-analysis of cancer risk in folic acid supplementation trials.** *Cancer Epidemiol* 2011.
3. Brewer GJ. **Risks of copper and iron toxicity during aging in humans.** *Chem Res Toxicol* 2010; 23:319-326.
4. Turrini E, Ferruzzi L, Fimognari C. **Potential Effects of Pomegranate Polyphenols in Cancer Prevention and Therapy.** *Oxid Med Cell Longev* 2015; 2015:938475.
5. Noguchi M, Kakuma T, Tomiyasu K, et al. **Randomized clinical trial of an ethanol extract of Ganoderma lucidum in men with lower urinary tract symptoms.** *Asian J Androl* 2008; 10:777-785.
6. Chen J, Song Y, Zhang L. **Lycopene/tomato consumption and the risk of prostate cancer: a systematic review and meta-analysis of prospective studies.** *J Nutr Sci Vitaminol (Tokyo)* 2013; 59:213-223.
7. Vidlar A, Student V, Jr., Vostalova J, et al. **Cranberry fruit powder (Flowens) improves lower urinary tract symptoms in men: a double-blind, randomized, placebo-controlled study.** *World J Urol* 2016; 34:419-424.
8. Schaffer SW, Jong CJ, Ramila KC, Azuma J. **Physiological roles of taurine in heart and muscle.** *J Biomed Sci* 2010; 17 Suppl 1:S2.
9. Rana SK, Sanders TA. **Taurine concentrations in the diet, plasma, urine and breast milk of vegans compared with omnivores.** *Br J Nutr* 1986; 56:17-27.
10. Wacker M, Holick MF. **Vitamin D - effects on skeletal and extraskeletal health and the need for supplementation.** *Nutrients* 2013; 5:111-148.
11. Beulens JW, Booth SL, van den Heuvel EG, et al. **The role of menaquinones (vitamin K(2)) in human health.** *Br J Nutr* 2013; 110:1357-1368.

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 | 167% | | |
| Vitamin D3 (as vegan cholecalciferol) (VitaShine®) | | 2000 IU | 500% | | |
| Vitamin K2 (as natural menaquinone-7 (MK-7)) | | 40 mcg | 50% | | |
| Thiamin (as thiamin HCl USP) | | 0.75 mg | 50% | | |
| Riboflavin (as riboflavin USP) | | 0.425 mg | 25% | | |
| Vitamin B6 (as pyridoxine HCl & pyridoxal 5-phosphate) | | 0.5 mg | 25% | | |
| Vitamin B12 (as methylcobalamin) | | 200 mcg | 3333% | | |
| Biotin (as biotin USP) | | 200 mcg | 67% | | |
| Pantothenic acid (as D-calcium pantothenate USP) | | 5 mg | 50% | | |
| Iodine (from kelp) | | 150 mcg | 100% | | |
| Magnesium (as magnesium aspartate and magnesium amino acid chelate) | | 100 mg | 25% | | |
| Zinc (as zinc amino acid chelate and zinc picolinate) | | 15 mg | 100% | | |
| Chromium (as chromium amino acid chelate) | | 30 mcg | 25% | | |
| Vanadium (as vanadium amino acid chelate) | | 10 mcg | ** | | |
| 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 | * | | |
| Whole Food Fruit, Veggie & Greens Blend: | | | | | |
| Broccoli sprout extract, acai fruit extract (<i>Euterpe oleracea</i>), lyrium (goji) berry extract, citrus bioflavonoid complex (mixed citrus fruits), green cabbage floret concentrate, kale leaf, watercress leaf, alfalfa grass, bilberry fruit extract (25% proanthocyanidins), grape seed & skin extract, wild blueberry extract, cranberry concentrate, raspberry extract, strawberry concentrate, tart cherry concentrate, wild whole bilberry fruit extract, prune concentrate | | | | | |
| *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 <http://www.drfuhrman.com/shop/222/multivitamins>