



NUTRIENT OPTIMIZATION SYSTEM[▲]

OPTI-MEN[®]

HIGH-POTENCY

75+ INGREDIENTS

90
TABLETS

DIETARY SUPPLEMENT

SUGGESTED USE: As a dietary supplement for men, consume 3 tablets daily with food.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, mixed carotenoids)	10,000 IU 200%
Vitamin C (as ascorbic acid)	300 mg 500%
Vitamin D (as cholecalciferol)	1,500 IU 375%
Vitamin E (as d-alpha tocopheryl succinate)	200 IU 667%
Vitamin K (as phytonadione)	75 mcg 94%
Thiamin (as thiamin hydrochloride)	75 mg 5000%
Riboflavin	75 mg 4412%
Niacin (as niacinamide)	75 mg 375%
Vitamin B ₆ (as pyridoxine hydrochloride)	50 mg 2500%
Folic Acid	600 mcg 150%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 1667%
Biotin	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	75 mg 750%
Calcium (as dicalcium phosphate dihydrate)	50 mg 5%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide, aspartate)	80 mg 20%
Zinc (as zinc oxide)	15 mg 100%
Selenium (as selenomethionine)	200 mcg 286%
Copper (as copper sulfate)	2 mg 100%
Manganese (as manganese sulfate)	2 mg 100%
Chromium (as chromium GTF)	120 mcg 100%
Molybdenum (as molybdenum A.A. chelate)	80 mcg 107%
Amino Men Blend	1 g †
L-Arginine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Cysteine, L-Lysine HCl, L-Threonine	
Phyto Men Blend	100 mg †
Green Tea Powder (leaf), Hesperidin Complex (fruit), Deodorized Garlic Powder (bulb), Grape Extract (seed) (standardized to 95% polyphenol), Fruit Blend (Orange Powder (fruit), Pineapple Powder (fruit), Apple Powder (fruit), Grape Powder (fruit), Blueberry Powder (fruit), Cranberry Powder (fruit), Papaya Powder (fruit), Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (fruit), Kiwi Powder (fruit), Vegetable Blend (Wild Yam Powder (root), Carrot Powder (root), Spinach Powder (leaf), Cauliflower Powder (head), Kale Powder (leaf), Brussels Sprouts Powder (edible head), Broccoli Powder (whole plant))	
Viri Men Blend	50 mg †
Saw Palmetto Extract (berry), Damiana Extract (leaf), Panax Ginseng Extract (root), Ginkgo Biloba Powdered Extract (leaf), Nettles Powdered Extract (leaf), Pumpkin Extract (seed), Raw Oyster Concentrate	
Enzyme Blend	50 mg †
Papain, Bromelain, Alpha Amylase, Lipase	
Alpha Lipoic Acid	25 mg †
PABA (para-aminobenzoic acid)	10 mg †
Choline (as choline bitartrate)	10 mg †
Inositol	10 mg †
Boron	2 mg †
Lycopene (Lyc-O-Mat [®])	500 mcg †
Lutein	500 mcg †
Alpha-Carotene	140 mcg †
Vanadium	100 mcg †
Cryptoxanthin	54 mcg †
Zeaxanthin	28 mcg †

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Crosscarmellose Sodium, Pharmaceutical Glaze No. 2, Magnesium Stearate, Silica.

WARNING: NOT FOR USE BY THOSE WITH PRE-EXISTING MEDICAL CONDITIONS, THOSE TAKING ANY MEDICATIONS OR THOSE UNDER THE AGE OF 18. STORE IN A COOL, DRY PLACE.

1 (800) 705-5226
TRUESTRENGTH.COM

▲ 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.

LYC-O-MAT[®] IS A TRADEMARK OF LYCORED
NATURAL PRODUCTS INDUSTRIES, LTD.

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM



MANUFACTURED IN THE USA
This product contains ingredients
of international and domestic origin



SCAN THIS QR CODE
with your smartphone
for further info
and promotions



FPO UPC



7 48927 05223 7

ALLERGEN INFORMATION: CONTAINS
SHELLFISH (OYSTER) INGREDIENTS.

MANUFACTURED BY
OPTIMUM NUTRITION INC.

975 Meridian Lake Dr.
Aurora, IL 60504

V.3.223.0114US