



# Complete Essentials for Men



A balanced supplement with higher levels of trace minerals specially formulated to meet the energy and nutritional needs of all men.

Formulated with the added benefits of Ginseng, Complete Essentials for Men provides the necessary nutrients to balance a daily diet.

Recommended For: Men.

When to Use: Morning and evening with meals.

Usage: 2 tablets daily.

## Multivitamin & Minerals with Ginseng

### "Senging" the Praises of Ginseng...

*Ginseng has long been used in the East as an adaptogen, which is a substance that protects against physical and mental stress by accelerating the body's recovery from stress-provoking situations. Thus it has gained a considerable reputation for its anti-aging properties, and is considered a foundation in any health, vitality or longevity regimen.*

*In 1995, an English study showed that ginseng improved glucose tolerance in diabetics and borderline diabetics. Since stable glucose levels are critical to fat cell metabolism, the inclusion of Ginseng in the Arbonne Bio-Nutria® Complete Essentials products is also helpful for weight management.*

### Nutrient

Vitamin A  
Vitamin C  
Vitamin D  
Vitamin E  
Thiamin  
Riboflavin  
Niacin  
Vitamin B6  
Folate  
Vitamin B12  
Biotin  
Pantothenic acid  
Calcium  
Iodine  
Magnesium  
Zinc  
Selenium  
Copper  
Manganese  
Chromium  
Molybdenum  
Eleutherococcus

### Source

beta carotene, retinyl palmitate  
ascorbic acid  
ergocalciferol  
d-alpha tocopheryl acetate, mixed tocopherols  
thiamine mononitrate  
riboflavin  
niacin  
pyridoxine hydrochloride  
folic acid  
cyanocobalamin  
biotin  
calcium pantothenate  
calcium carbonate  
potassium iodide  
oxide  
sulfate  
proteinate  
sulfate  
sulfate  
proteinate, amino acid chelate  
proteinate  
Siberian ginseng root

### 2 tablets contain:

#### **Nutrients**

Vitamin A  
(50% as Beta Carotene)  
Vitamin C  
Vitamin D  
Vitamin E  
Thiamin  
Riboflavin  
Niacin  
Vitamin B6  
Folate  
Vitamin B12  
Biotin  
Pantothenic acid  
Calcium  
Iodine  
Magnesium  
Zinc  
Selenium  
Copper  
Manganese  
Chromium  
Molybdenum  
Eleutherococcus

#### **Amount**

10,000 IU  
300 mg  
200 IU  
100 IU  
7.5 mg  
8.5 mg  
30 mg  
10 mg  
400 mcg  
30 mcg  
300 mcg  
30 mg  
250 mg  
75 mcg  
250 mg  
22.5 mg  
50 mcg  
2 mg  
2 mg  
100 mcg  
50 mcg  
100 mg

#### **% Daily Value**

200  
500  
50  
333  
500  
500  
150  
500  
100  
500  
100  
300  
25  
50  
60  
150  
70  
100  
100  
83  
66  
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