

Men's Ultivite Benefits at a glance

EACH TABLET OF SWISSE MEN'S ULTIVITE CONTAINS

BETACAROTENE	5mg
CHOLECALCIFEROL (Vit.D3 200IU)	5mcg
d-ALPHA-TOCOPHERYL ACID SUCCINATE (Vit.E 50 IU)	41.32mg
THIAMINE HYDROCHLORIDE (Vit.B1)	30mg
RIBOFLAVIN (Vit.B2)	30mg
NICOTINAMIDE (Vit.B3)	30mg
CALCIUM PANTOTHENATE (Vit.B5) (Pantothenic acid 64.13mg, Calcium 5.87mg)	70mg
PYRIDOXINE HYDROCHLORIDE (Vit.B6) (Pyridoxine 24.68mg)	30mg
CYANOCOBALAMIN (Vit.B12)	30mcg
BIOTIN	50mcg
FOLIC ACID	300mcg
CALCIUM ASCORBATE DIHYDRATE (Vit.C 165.2mg)	200mg
CHOLINE BITARTRATE	25mg
INOSITOL	25mg
CITRUS BIOFLAVONOIDS EXTRACT	40mg
LYSINE HYDROCHLORIDE	50mg
TYROSINE	1mg
CALCIUM CITRATE (Calcium 21mg)	100mg
MAGNESIUM OXIDE – HEAVY (Magnesium 57.89mg)	100mg
POTASSIUM SULFATE (Potassium 4mg)	8.92mg
FERROUS FUMARATE (Iron 3mg)	9.61mg
CHROMIUM PICOLINATE (Chromium 6.20mcg)	50mcg
MANGANESE AMINO ACID CHELATE (Manganese 1.2mg)	12mg
COPPER GLUCONATE (Copper 28mcg)	200mcg
POTASSIUM IODIDE (Iodine 50mcg, Potassium 16mcg)	66mcg
ZINC AMINO ACID CHELATE (Zinc 6mg)	30mg
SELENOMETHIONINE (Selenium 26mcg)	65mcg
UBIDECARENONE (CoQ10)	1mg
SPEARMINT OIL	1.5mg
EXTRACTS EQUIVALENT TO DRY	
CARICA PAPAYA fruit	10mg
PETROSELINUM CRISPUM dry herb	10mg
BERBERIS VULGARIS root	15mg
FOENICULUM VULGARE fruit	15mg
EQUISETUM ARVENSE herb (Horsetail)	30mg
APIUM GRAVEOLENS seed	20mg
ZINGIBER OFFICINALE root	5mg
BAROSMA BETULINA leaf	10mg
TURNERA DIFFUSA leaf (Damiana)	120mg
ASTRAGALUS MEMBRANACEUS root	50mg
CENTELLA ASIATICA herb	50mg
CRATAEGUS MONOGYNA fruit (Hawthorn)	100mg
SMILAX OFFICINALIS root	50mg
EXTRACT EQUIVALENT TO FRESH	
AVENA SATIVA herb (Oat)	500mg
CYNARA SCOLYMUS leaf (Globe artichoke)	50mg
STANDARDISED EXTRACTS EQUIVALENT TO	
VITIS VINIFERA DRY SEED (Grape seed)	1000mg
SILYBUM MARIANUM dry fruit (St. Mary's thistle)	50mg
PANAX GINSENG dry root	50mg
GINKGO BILOBA dry leaf	100mg
VACCINIUM MYRTILLUS fresh fruit (Bilberry)	25mg
SERENOA REPENS dry seed (Saw palmetto)	200mg
CAMELLIA SINENSIS dry leaf (Green tea)	20mg
LYCOPERSICON ESCULENTUM fruit dry (Tomato)	700mg
TAGETES ERECTA dry flower	20mg

BENEFITS

Helps build natural resistance to infection, aids healthy skin & vision. Antioxidant
Necessary for glands and bones
For the heart arteries and circulation. Antioxidant
Necessary for the nerves and digestion
Essential for healthy eyes, skin and hair
Important for proper circulation and the nervous system
Helps during times of physical and mental stress
Beneficial for nerves and skin
Necessary for the red blood cells and energy
For hair and metabolism of fat and protein
Helps lower the risk of cardiovascular disease
Helps natural defences during colds, immunity strengthener. Antioxidant
Essential for fat metabolism
Important for hair growth
Strengthens blood vessels, aids circulation, lungs and skin
Helps with muscle tone and is nutrition for the nerves
Promotes mental alertness
Maintains teeth, bones and normal heart action
Helps with immune response
Maintains normal fluid and electrolyte balance
Helps build resistance to stress and disease, carries oxygen
Assists in the utilisation of sugars, wound healing and immune functions
Assists function of mammary glands for nerves and brain
For the blood, tissue, bones and healing processes from lungs, healthy blood
Essential for thyroid hormone, regulates metabolism
For skin and normal function of organs
Antioxidant, crucial for human health
Antioxidant, helps improve energy production
Helps eliminate gas, aids digestion
Contains papain – enzyme to assist digestive system
Helps with the natural water balance, aids in digestion
A tonic for gall bladder and liver, assists bowel action
Helps intestinal muscle tone and aids natural elimination of excess mucus
Helps to promote vibrant hair
Helps with joint mobility and function
Helps with digestion and settles the stomach
For prostate and urinary tract health
Male adaptogen, strengthens vitality
Herbal ingredient to aid immune response
Adaptogenic herb of benefit during stress and for aiding energy
Heart tonic
Body tonic
Nourishes the nervous system
Aids lipid metabolism
Antioxidant
Hepatoprotective, promotes liver function. Antioxidant
Promotes physical and mental vigour, aids digestion
For healthy function of circulatory system, aids alertness
Helps with vision, aids healthy vision during prolonged reading, computer glare
To aid testes and prostate health
Antioxidant
Antioxidant
Antioxidant



Swisse

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