

Frontier Men's Complete

Daily Essential Vitamins, Minerals, Superfoods, and Men's Complex



**Multivitamin
& Multimineral**

**Super Foods
Blend**

Men's Complex

NutritionalFrontiers.com
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Frontier Men's Complete

Available in 120 Count Vegetarian Capsules

COMPLETE MULTIVITAMIN & MULTIMINERAL

Frontier Men's Complete by Nutritional Frontiers is a high quality multivitamin-mineral designed for men. The easy-to-swallow vegetarian capsules provide vitamins, minerals, antioxidants, and other nutrients in bioavailable forms and nutritionally meaningful amounts.

Frontier Men's Complete provides important antioxidant vitamins A, C and E, an array of B vitamins, easily absorbable calcium and magnesium, as well as a full spectrum of bio-available, trademarked TRAACS® minerals and trace elements. Frontier Men's Complete also contains beneficial additions like choline, CoQ10, Lutemax, lycopene, red beet powder, DMG, saw palmetto, and a super-food blend.

Optimal forms of nutrients are included in **Frontier Men's Complete** such as providing Vitamin B12 as methylcobalamin, and methylated folate which is preferred over folic acid. Folic acid is synthetic whereas folate, also called 5-MTHF or 5-methylfolate, is the natural form more easily utilized by the body. Folate is well absorbed even when gastrointestinal pH is altered, and its bioavailability is not affected by metabolic defects. Using methylated folate instead of folic acid reduces the potential for masking hematological symptoms of vitamin B12 deficiency, reduces interactions with drugs that inhibit dihydrofolate reductase, & overcomes metabolic defects caused by the common MTHFR genetic polymorphisms. Use of 5-MTHF also prevents the potential negative effects of unconverted folic acid in the peripheral circulation.

A meaningful dose of vitamin D has been added to this formula because research indicates that people may not receive enough vitamin D due to reduced sun exposure and limited dietary sources. Vitamin D plays many roles in the body and is vital for supporting strong, healthy bones.

Many specific body systems are supported by **Frontier Men's Complete**. Calcium, magnesium, boron, Vitamin D, and zinc have been included to target bone strength and density. Eye health may be maintained by lutein (as Lutemax), vitamin E, and beta carotene. Immune system support is provided by Vitamins A, C, B-6, E, Folate, Zinc, and DMG. DMG may help stimulate the immune response by enhancing antibody and lymphocyte production.

MEN'S HEALTH COMPLEX

Cardiac health is reinforced by red beet powder, lutein, zeaxanthin, beta carotene, Vitamin E, magnesium, lycopene, potassium, arginine, and CoQ10. Carotenoids like lutein, beta carotene, zeaxanthin, and lycopene decrease reactive oxygen species (ROS) which can help reduce atherosclerosis. Studies suggest that supplementing with red beet root juice may enhance oxygen delivery and reduce the workload of the heart. Beet extract was shown in a 2016 study to regulate blood pressure, cholesterol, and the inflammatory marker hsCRP. For homocysteine management, this multivitamin contains B6, B12 and folate, to support methylation and the recycling of homocysteine. L-Arginine is a semi-essential amino acid that enhances production of the vasodilator nitric oxide. It is used clinically in conditions that are improved by vasodilation like heart failure, kidney failure, erectile dysfunction, and intermittent claudication.

For male sexual health, this product contains saw palmetto (*Serenoa repens*), lycopene, selenium, zinc, and arginine. Saw palmetto is comprised of flavonoids, fatty acids, and sterols which inhibit 5-alpha-reductase, an enzyme that converts testosterone to its more active form, DHT. Therefore, saw palmetto has been used effectively in people with prostate disease and other conditions with elevated testosterone levels. Lycopene is a red carotenoid concentrated in the human body in serum, liver, adrenal glands, lungs, prostate, colon, and skin. It may help control prostate gland size in part by inhibiting DNA synthesis in primary prostate epithelial cells. Trials show arginine can improve erectile dysfunction, sperm count, sperm quality.

SUPERFOODS BLEND

A strong antioxidant defense is an important component of a superior multi. Glutathione is the master antioxidant that is synthesized inside the body and **Frontier Men's Complete** contains selenium, vitamin C and N-Acetyl Cysteine as precursors to glutathione synthesis. **Frontier Men's Complete** also features a spectrum of antioxidants like CoQ10, Vitamin E, Beta Carotene, Lutemax 2020 (a combination of lutein & zeaxanthin), DMG (dimethylglycine HCl), lycopene (from Lycobeads® S Beadlets), and a high ORAC super food complex comprised of a proprietary blend of cranberry, broccoli, garlic, grape seed extract, apple pectin, celery seed, chlorella, papaya, and spirulina. DMG demonstrates in-vitro evidence as an antioxidant via free radical scavenging activity and enhancement of the endogenous antioxidant defense system.

Conventional supplement lines often contain additives & preservatives like corn starch, talc, crospovidone, hydrogenated oil, food colorings, polyethylene glycol, polyvinyl alcohol, & BHT. These fillers, additives, preservatives, and excipients provide no health benefits. Nutritional Frontiers does not use any of these additives or preservatives in **Frontier Men's Complete**.

SUPPLEMENT FACTS

Serving Size: 4 Capsules

Servings Per Container: 30

Vitamin A (as Beta Carotene)	2250 mcg RAE
Vitamin C (as Calcium Ascorbate)	273 mg
Vitamin D (as Cholecalciferol)	25 mcg
Vitamin E	331 mg
(as D Alpha Tocopherol Succinate)	
Vitamin K (as MK7 (Gnosis))	5 mcg
Thiamin (as Thiamine Mononitrate)	25 mg
Vitamin B2 (as Riboflavin)	12.5 mg
Niacin (as Niacinamide)	47.5 mg NE
Vitamin B6	24.75 mg
(as Pyridoxal-5-Phosphate Monohydrate)	
Folate	320 mcg DFE
(as Biofolate® (from (L-5-Methyltetrahydrofolate Calcium)))	
Vitamin B12 (as Methylcobalamin)	294 mcg
Biotin	150 mcg
Pantothenic Acid	115 mg
(as D-Calcium Pantothenate)	
Choline	50 mg
(as VitaCholine (Choline L Bitartrate Conditioned))	
Calcium	140 mg
(as Calcium Ascorbate, Calcium Citrate, D-Calcium Pantothenate)	
Iodine (as Kelp Extract)	50 mcg
Magnesium	100 mg
(as Magnesium Bisglycinate Chelate (TRAACS®))	
Zinc	10 mg
(as Zinc Bisglycinate Chelate (TRAACS™))	
Selenium	50 mcg
(as Selenium Glycinate (ALBION™))	
Copper	1 mg
(as Copper Bisglycinate Chelate (TRAACS™))	
Manganese	2.5 mg
(as Manganese Bisglycinate Chelate (TRAACS™))	
Chromium (as Chromium)	50 mcg
Nicotinate Glycinate Chelate (TRAACS™)	
Molybdenum	25 mcg
(as Molybdenum Glycinate Chelate (TRAACS™))	
Potassium (as Potassium Glycinate)	30 mg
Men's Health Complex	350 mg
Saw Palmetto	200 mg
(<i>Serenoa repens</i>)(Berries)	
Dimethylglycine HCL (DMG HCL)	125 mg
Kaneka CoQ10	100 mg
L-Arginine	100 mg
L-Citrulline	100 mg
Red Beet Powder (Beta vulgaris)	100 mg
N-Acetyl L-Cysteine	50 mg
Lutemax 2020 Beadlets	10 mg
(25% Lutein, 5% Zeaxanthin)	
Lycopene (from Lycobeads® S Beadlets)	250 mcg
Boron	150 mcg
(as Bororganic Glycine (Albion™))	
Vanadyl Sulfate (20% Vanadium)	750 mcg

Proprietary Super Foods Blend

Cranberry Extract (*Vaccinium macrocarpon*), Broccoli Extract Powder (*Brassica oleracea*), Garlic Powder (*Allium Sativum*) (Bulb), Grape Seed Extract (95% Procyranidolic oligomers), Apple Pectin/Celery Seed Powder, Chlorella (*Chlorella Pyrenoidosa*), Papaya Fruit Extract, 4:1, Spirulina

Other Ingredients: Rice Flour, Hypromellose

Suggested Use: As a dietary supplement, take 4 capsules daily with food. For those with average or poor health, take 4 capsules twice daily with food.

Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, and eggs.

     

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