

Men's Essential Pack

30 packets / 30-day supply

The **Men's Essential Pack** is a maximum performance formula providing a premium blend of vitamins, minerals and other nutrients specifically for men.

From negative stress to eating on the run, daily life impacts our nutritional well-being. Each day men are challenged to consume the necessary nutrients in order to maintain bone density, muscles mass, nervous system health, and peak performance. Exercise, while necessary for a healthy body, requires even more nutrition essential for a balanced body and a high level of energy.

The **Men's Essential Pack** provides a one month supply of valuable supplements in four complimentary formulas for a foundation of nutrients that enhance well-being and a healthy lifestyle.



Potential users are men who:

- are unsure of the quality, freshness and nutrient value of the foods they consume due to handling, processing, cooking, storage, or other processes (fast foods, take-away, frozen dinners)
- smoke, drink alcohol, or are under psychological and/or physical stress
- find it difficult to eat a balanced diet (5 to 9 fresh fruit and vegetable servings a day, 6 to 10 whole grain servings a day, and adequate protein)
- exercise regularly (which places extra demands on the body)
- desire to obtain valuable nutrients that may help in maintaining muscle mass, bone density, virility, and a strong immune function

Essentials for Men Multivitamin

Feature	Benefit
Supplies 12 vitamins and 12 minerals	Provides broad nutritional coverage and a balance of vital nutrients
Provides a full spectrum B-complex	B vitamins are essential for carbohydrate metabolism and provide valuable nutrition to the nervous system
Gelcaps	Easy to swallow and quick absorption.

EFA Essentials

Feature	Benefit
Supplies a combination of the EFAs	Provides well documented EFAs (omega 3 and omega 6 fatty acids, flax seed, fish, and borage oil) with systemic nutritional benefits, such as assisting in cardiovascular health.
Softgel capsule	Easy to swallow and quickly breaks down for absorption.

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Usage

Take one packet daily with liquid. For maximum absorption potential, take tablet with a meal or an LE Protein Shake.

Advisory

No general advisory for this product.

Follow usage instructions on product label.

Store tablets in a cool location.

Keep out of the reach of children.

This product is not intended to diagnose, treat, cure, or prevent any disease.

Anyone taking medication or diagnosed with a medical condition should consult their doctor before taking this product.

Common Questions

- Q:** When I first started using the Men's Essential Pack, I noticed my urine color change to a vivid yellow.
- A:** This commonly occurs due to some of the rich plant pigments carried through to the urine.
- Q:** I find it challenging to swallow the tablets. Does it destroy the nutritional value if I break the tablets or crush them up?
- A:** If it is challenging to swallow the whole tablets, you can certainly break them in half or crush and swallow with liquid. The nutritional value will not be diminished as long as you swallow the tablets soon after breaking them.

Calcium Plus	
Feature	Benefit
Supplies Tricalcium phosphate	Concentrated calcium (tri-calcium) with a high rate of absorption. This phosphate group provides phosphorus and helps with calcium absorption.
Supplies Magnesium oxide	Helps the body absorb calcium through vitamin D.
Supplies Vitamin D (D3)	Requirement by body to aid in calcium absorption. Helps regulate bone metabolism and repair.

Men's Virility	
Feature	Benefit
Supplies L-Arginine	Used to make nitric oxide, a key neurotransmitter for healthy sexual function. Helps general circulation and is considered heart-healthy. Helps with growth hormone found naturally in the body.
Supplies Rhodiola	Increases general blood flow in all organs and has been used for Erectile Dysfunction for hundreds of years. A premier energy enhancing herb.
Supplies Epimedium	Also known as horny goat weed. Used for centuries to increase libido. The active ingredient, icaritin, has been shown to increase nitric oxide in research (see above).
Supplies Panax Ginseng	Premier sexual herb in Chinese pharmacology. Known to increase nitric oxide (see above).

Detailed product pages are available under each individual product page at trueessentials.net, under Men's Pack. Research and reports are also available on these pages.