

# Peak Performance Pack - Men's

Food Supplement with Vitamins, Minerals, Enzymes, Botanical Extracts and Omega-3 Fatty Acids

279.7 g e • 30 AM & PM Sachets / 30 Day Supply • 210 Tablets / 210 Capsules

Nutritional Support for Men

When your cells work efficiently, your body works efficiently. That's why the Peak Performance Pack includes nutrients and other substances which help you perform at your peak every day.

**Vitality Multivitamin & Mineral:** 21 essential nutrients with Oligo technology to complement your diet. Zinc, chromium, biotin contribute to normal macronutrient metabolism. **CardiOmega EPA:**

Contains Omega-3 fatty acids - EPA and DHA contribute to the normal function of the heart.\* **Cellwise:** Delivers antioxidant vitamins. Vitamins C and E contribute to the protection of cells from oxidative stress. **ProvexCV:** Formulated with grape seed and skin. Grape seed contributes to healthy blood pressure. **AI Balance:** Blend of devil's claw, turmeric and ginger. Turmeric helps maintain the health of joints and bones. **Florify:** Formulated with over 10 billion colonies of flora from bacteria strains which are naturally found throughout the digestive system. (Only in PM sachet)

\*The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.

**Directions:** Take one AM sachet (7 tablets/capsules) in the morning and one PM sachet (7 tablets/capsules) in the evening, preferably with meals. Do not exceed recommended daily dose.

## Product information

### Recommended Daily Dose - 2 Sachets (1 AM, 1 PM)

	Per Daily Dose		*%RI
Vitamin A (as beta-carotene) [µg RE]	900		112.5
Vitamin D [µg]	5		100
Vitamin E [mg-TE]	60		500
Vitamin C [mg]	450		562.5
Thiamin [mg]	7.5		681.8
Riboflavin [mg]	17		1 214.28
Niacin [mg NE]	75		468.75
Vitamin B6 [mg]	10		714.28
Folic Acid [µg]	400		200
Vitamin B12 [µg]	5		200
Biotin [µg]	30		60
Pantothenic Acid [mg]	18		300
Calcium [mg]	570		71.25
Magnesium [mg]	200		53.33
Zinc [mg]	15		150
Copper [mg]	1		100
Manganese [mg]	2		100
Selenium [µg]	100		181.81
Chromium [µg]	120		300
Molybdenum [µg]	75		150
Iodine [µg]	150		100
Bacteria Blend ( <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium longum</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus casei</i> , <i>Bifidobacterium lactis</i> ) [Billion CFU <sup>1</sup> ]	10		
Fructooligosaccharides [mg]	10		
Fish oil [mg]	1 771		
of which EPA [eicosapentaenoic acid] [mg]	1 000		
of which DHA [docosahexaenoic acid] [mg]	100		
Grape extracts (Grape Skin Extract Powder, Grape Seed Extract Powder) [mg]	330		
Enzyme Blend (Bromelain, Fungal Protease I & II ( <i>Aspergillus oryzae</i> var)) [mg]	7		
Grape Extract ( <i>Vitis vinifera</i> L) [mg]	5		
Green Tea (leaf) Extract [mg]	200		
Onion Extract [mg]	25		
Bilberry Extract ( <i>Vaccinium myrtillus</i> ) [mg]	0.25		
Turmeric Root Extract ( <i>Curcuma longa</i> L) [mg]	100		
Olive Fruit Extract ( <i>Olea europaea</i> L) [mg]	150		
Devil's Claw Root extract ( <i>Harpagophytum procumbens</i> ) [mg]	200		
Ginger Root Extract ( <i>Zingiber officinale</i> ) [mg]	200		
Lycopene (from Tomato Extract) [mg]	3		
Grape Seed Extract [mg]	25		

### \*RI - Reference Intake / <sup>1</sup>CFU - Colony Forming Units

INGREDIENTS: FISH OIL CONCENTRATE (FROM ANCHOVY, MACKEREL AND/OR SARDINE), BULKING AGENT (MICROCRYSTALLINE CELLULOSE), CALCIUM CARBONATE, BULKING AGENT (CALCIUM CARBONATE), L-ASCORBIC ACID, WATER, BULKING AGENT (HYDROXYPROPYL METHYL CELLULOSE), MAGNESIUM OXIDE, GRAPE EXTRACT POWDER (GRAPE SKIN AND SEED EXTRACTS *VITIS VINIFERA* L), BULKING AGENT (HYDROXY PROPYL STARCH), DEVIL'S CLAW ROOT EXTRACT (*HARPAGOPHYTUM PROCUMBENS*), GREEN TEA LEAF EXTRACT (*CAMELLIA SINENSIS*), HUMECTANT (GLYCEROL), OLIVE FRUIT EXTRACT (*OLEA EUROPAEA* L), ANTICAKING AGENT (SILICON DIOXIDE), BULKING AGENT (SORBITOL), GINGER ROOT EXTRACT (*ZINGIBER OFFICINALE*), TURMERIC ROOT EXTRACT (*CURCUMA LONGA* L), D-ALPHA-TOCOPHERYL ACID SUCCINATE, NICOTINAMIDE, THICKENER (CARRAGEENAN), BULKING AGENT (GLYCINE AND ITS SODIUM SALT), EMULSIFIER (MAGNESIUM SALTS OF FATTY ACIDS), MAGNESIUM SULPHATE, BULKING AGENT (SODIUM CARBOXY METHYL CELLULOSE), ZINC SULPHATE, EMULSIFIER (FATTY ACID), COLOUR (TITANIUM DIOXIDE), CALCIUM GLUCONATE, LYCOPENE (FROM TOMATO EXTRACT), BETA-CAROTENE, CALCIUM CITRATE, BULKING AGENT (CROSS-LINKED SODIUM CARBOXY METHYL CELLULOSE), BULKING AGENT (HYDROXYPROPYL CELLULOSE), NATURAL ORANGE FLAVOUR, GRAPE SEED EXTRACT, ONION EXTRACT (*ALLIUM CEPA* L), CALCIUM D-PANTOTHENATE, FRUCTOOLIGOSACCHARIDES, RIBOFLAVIN, D-ALPHA TOCOPHEROL, INULIN, *LACTOBACILLUS RHAMNOSUS*, *BIFIDOBACTERIUM LONGUM*, *BIFIDOBACTERIUM BIFIDUM*, *LACTOBACILLUS ACIDOPHILUS*, PYRIDOXINE HYDROCHLORIDE, THIAMIN HYDROCHLORIDE, *LACTOBACILLUS PLANTARUM*, *LACTOBACILLUS CASEI*, *BIFIDOBACTERIUM LACTIS*, ENZYME BLEND [BROMELAIN, FUNGAL PROTEASE I (*ASPERGILLUS ORYZAE* VAR), FUNGAL PROTEASE II (*ASPERGILLUS ORYZAE* VAR)], MANGANESE SULPHATE, CALCIUM CHLORIDE, THICKENER (GELLAN GUM), GRAPE EXTRACT POWDER (*VITIS VINIFERA* L), PTEROYLMONOGLUTAMIC ACID, CUPRIC SULPHATE, CALCIUM HYDROXIDE, D-BIOTIN, CHOLECALCIFEROL, COLOUR (SULPHITE AMMONIA CAMEL), CHROMIUM (III) CHLORIDE, CYANOCOBALAMIN, BILBERRY EXTRACT (*VACCINIUM MYRTILLUS*), COLOUR (RIBOFLAVIN), SODIUM SELENITE, POTASSIUM IODIDE, SODIUM MOLYBDATE (VI).

Maintaining a balanced, varied diet and healthy lifestyle is important – food supplements should not be used as substitute.

Keep out of reach of young children. Consult your physician before taking this product if you are pregnant, planning to become pregnant, lactating, under a physician's care, taking any medications, or administering to children under the age of 18.

Gluten-free, Halal

Best before end: see bottom of box.

Store in a cool, dry place.

Product of USA • No 861