

MEN'S COMPREHENSIVE FORMULA

What a piece of work is a man, how noble in reason, how infinite in faculties, in form and moving how express and admirable, in action how like an angel, in apprehension how like a god! the beauty of the world, the paragon of animals.

Hamlet got it right. You can live the most vibrant healthy life by making sure that your amazing body and all of its metabolic systems are humming along at peak efficiency and in synchrony.

Unlike a piece of machinery, your body can repair minor damage by itself, so long as it has on hand the tools and "spare parts" it needs. These materials come from the diet and from dietary supplements (for those nutrients you can't get enough of just by eating sensible foods).



Here's a short list of just a few of the dynamic nutrients provided by **Men's Comprehensive Formula**:

First and foremost, **Men's Comprehensive Formula** makes sure that you are getting enough of the high-quality vitamins and minerals so you can drive every system to its best performance. This includes all the **B-vitamins, vitamin C, the fat-soluble vitamins (D,E,K), calcium, phosphorus, magnesium, iodine, zinc, selenium, copper, manganese, chromium and molybdenum.**

We've made sure there's enough of the **minerals** and **trace minerals** to keep your bones going strong.^{1,2}

Then we've added extra **selenium** (an excellent antioxidant that supports a healthy immune system)² and **chromium** (to help you process sugar for energy, not fat build-up).²

On top of that you get a nice healthy intake of



the fish oils, **EPA** and **DHA**. These extremely vital dietary essentials support a healthy heart and cardiovascular system,³⁻²² efficient blood flow to the brain,^{3,7,9,23} sharp mental function^{24,25} and crisply working bones and joints.^{6,17,26-35}

Of course you're concerned about your prostate, so we give you the **Saw palmetto**, **Pygeum africanum** and **lycopene** you need to support the maintenance of normal size and function of the prostate and healthy urinary function and control.³⁶⁻⁴⁸

And we want to keep that brain of yours working at its youthful best, so we've juiced the formula with **choline**, a special B-vitamin that is required for the maintenance of the structural integrity and signaling functions of cell membranes, normal cell-to-cell communication within the central nervous system, normal nerve-to-muscle communication and muscle function, healthy liver processing of fats and the continual reproduction of red blood cells.⁴⁹ Plus, you may get a another brain boost from the **Ginkgo biloba** extract in **Men's Comprehensive Formula**.^{50,51}



You may have heard that aging and oxidative destructive of tissues go hand-in-hand.⁵² In this case, the best defense is a great offence – and we give you the tools to help your body mount an aggressive attack on oxidizers, starting with **alpha-lipoic acid**, a powerful anti-oxidant that decreases the amount of aging-causing oxidizing chemicals in the blood and tissues.⁵³ In addition, alpha-lipoic acid spares **vitamin C** and **glutathione** (the body's best antioxidant) from being destroyed by oxidizing chemicals while stimulating the production of more glutathione. Together, these three anti-oxidants work with **selenium** to increase the efficiency of your body's metabolism while protecting it from the destructive effects of oxidative stress on your organs, bones and immune system.⁵⁴

You might not realize it, but your eyes require two little-known vitamin A-like natural food pigments, **lutein** and **zeaxanthin**, in order to be able to adjust for variations in the properties of incoming light and focus with crystal-sharp clarity.⁵⁵ These natural food pigments cannot be made by your eyes, are found only in colorful fruits and vegetables – not a big part of your daily diet if you're an average American – and the amount your eyes can obtain from your circulation depends on how much you consume.⁵⁶⁻⁵⁸ With **Men's Comprehensive Formula** there's no need to worry – we've got you covered.



And, as additional blanket coverage for all these needs – **ginseng**, a natural ingredient that supports brain function, immune system function, healthy energy metabolism and cardiovascular health – in addition to being an effective antioxidant,⁵⁹ is included in a generous amount.

Staying in top form and operating at full capacity require top-shelf nutritional support. If even a single member of your team falters, peak performance is impossible. Keep your system topped off and keep on rolling!

Men's Comprehensive Formula

Why be less than your best?

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PHYSICIANS WELLNESS
P R O D U C T S