

**JUST  
BE  
WELL** SUPER FOOD

# MEN'S FOUNDATION

## Men's Foundation Supplementation

Men's Foundation contains a comprehensive mix of essential vitamins and minerals to support men's health.\* Each bottle contains 30 packets of high quality broad coverage supplements including Multi Vitamin, Omega 500, Testro Adaptogenic, Zinc, and M-Arouse. An extensive body of clinical research has demonstrated the efficacy of Men's Foundation to:

- Support healthy testosterone and androgen balance\*
- Support cognitive function and balanced mood\*
- Support energy production and vitality\*
- Support healthy gastrointestinal integrity and permeability\*
- Support healthy cellular metabolism\*
- Support healthy hormone, immune, endocrine, and cardiovascular function\*

## How Men's Foundation Works

Omega 500 provides ample amounts of EPA, DHA, and other omega-3 essential fatty acids imperative for optimal health and wellness.\* Clinical evidence shows that DHA and EPA are some of the strongest natural promoters of a healthy cardiovascular system and supporters of healthy immune function.\*<sup>1,2</sup>

Multi Vitamin features a comprehensive proprietary blend of potent herbal extracts rarely found in the diet and essential to optimal health and longevity.\*<sup>3,4,5</sup> A patented B vitamin complex, Biofolate<sup>®</sup>, contains biologically active folate ensuring proper absorption essential for healthy cellular functions.\*

Testro Adaptogenic provides bioavailable micronutrients, polyphenols, phytosterols, and key herbal extracts to support testosterone and androgen balance in the body.\* Proper testosterone balance is key for supporting healthy mood, libido, vitality, energy levels, and reproductive processes.\*<sup>6,7,8,9</sup>

Zinc features bioavailable chelated zinc arginate and zinc glycinate. The chelation process bonds zinc with amino acids to enhance absorption and support intestinal permeability.\*<sup>10,11</sup> Zinc is present in metalloenzymes, playing key roles in many bodily tissues, work to modify gene expression, support healthy cell membranes, support immune function, and promote reproductive health.\*<sup>12</sup>

M-Arouse supports balanced male hormones for increased libido, energy, and mood.\* Herbal ingredients work synergistically to promote healthy testosterone balance and support healthy blood circulation.\*<sup>13,14,15</sup> The included adaptogens provide herbal support for adrenal functions and the body's reaction to stressors to support energy and mood.\*<sup>16,17,18</sup>

## Why Use Men's Foundation?

Research cited herein suggests that supplementation with Men's Foundation can help promote overall health and well-being by supporting the health needs specific to men such as healthy testosterone and androgen balance.\*



For more information, visit: [www.justbewell.info](http://www.justbewell.info)

# Supplement Facts

Serving Size: 1 Packet  
Servings Per Container: 30

Ingredients:	Amount	%DV*
Calories	25	
Total Fat	2 g	3%*
Cholesterol	10 mg	3%*
Protein	<1 g	
Vitamin A (50% as beta carotene and as retinyl acetate)	2,000 mcg RAE	222%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	80 mg	89%
Vitamin D3 (as cholecalciferol)	26 mcg	130%
Vitamin E (as d-alpha tocopheryl succinate)	44.667 mg	298%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamin (as thiamin mononitrate)	17 mg	1,389%
Riboflavin	10 mg	769%
Niacin (as niacinamide and niacin)	33 mg NE	208%
Vitamin B6 (as pyridoxine HCl)	42 mg	2,451%
Folate (as folate, and calcium L-5-methyltetrahydrofolate) (BioFolate®)	873 mcg DFE	218%
Vitamin B12 (as methylcobalamin)	148 mcg	6,181%
Biotin	333 mcg	1,111%
Pantothenic Acid (as calcium-d-pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	17 mg	3%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	27 mg	6%
Zinc (as zinc amino acid chelate, zinc arginate, zinc citrate, and zinc glycinate)	48 mg	436%
Selenium (as selenomethionine, and selenium aspartate)	233 mcg	424%
Copper (as cupric citrate)	0.7 mg	74%
Manganese (as manganese ascorbate, and manganese citrate)	10.3 mg	448%
Chromium (as chromium polynicotinate)	133 mcg	381%
Molybdenum (as molybdenum aspartate)	33 mcg	74%
L-Arginine	75 mg	**
L-Methionine	50 mg	**
Inositol	17 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i> )	6.7 mg	**
Lycopene	9 mg	**
Lutein	4 mg	**
Zeaxanthin	1.3 mg	**
Total Omega-3 Fatty Acids	1.1 g	**
EPA (Eicosapentaenoic acid)	600 mg	**
DHA (Docosahexaenoic acid)	400 mg	**
Additional Omega-3 Fatty Acids	100 mg	**
Proprietary Phytonutrient Blend	267 mg	**
Artichoke Extract (leaf; <i>Cynara scolymus</i> ; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; <i>Momordica charantia</i> ), Blueberry Extract (fruit; <i>Vaccinium spp.</i> ; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; <i>Cinnamomum</i>		

## Ingredients: Amount %DV\*

<i>cassia</i> ), Citrus Extract (fruit; <i>Citrus aurantium</i> ; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; <i>Vitis vinifera</i> ; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; <i>Coffea arabica</i> ; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; <i>Camellia sinensis</i> ; standardized to 98% polyphenols, 75% catechins, 45% EGCG), Heartwood Extract (wood/bark; <i>Acacia catechu</i> ; standardized to 6% catechins), Prune Extract (fruit; <i>Prunus domestica</i> ; standardized to 50% polyphenols), Pomegranate Extract (fruit; <i>Punica granatum</i> ; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; <i>Rosmarinus officinalis</i> ; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; <i>Nasturtium officinale</i> ).		
Maca Extract (root; <i>Lepidium meyenii</i> )	300 mg	**
Ginkgo Extract (leaf; <i>Ginkgo biloba</i> ; standardized to 24% flavonglycosides, 6% terpene lactones)	60 mg	**
Green Tea Extract (leaf; <i>Camellia sinensis</i> )	167 mg	**
Turmeric Extract (root; <i>Curcuma longa</i> ; standardized to 95% curcuminoids)	75 mg	**
Soybean Concentrate	62.5 mg	**
Eleuthero Extract (root; <i>Acanthopanax senticosus</i> ; standardized to 0.8% eleutherosides)	50 mg	**
Orchic Substance (porcine)	50 mg	**
Phytosterols	50 mg	**
Betaine (as betaine HCl)	37.5 mg	**
Ashwagandha Extract (root; <i>Withania somnifera</i> ; standardized to 1.5% withanolides)	30 mg	**
Forskoli Extract (root; <i>Coleus forskolii</i> ; standardized to 10% forskolii)	30 mg	**
Flax Seed Lignans	25 mg	**
Kudzu Extract (root; <i>Pueraria montana</i> ; standardized to 40% isoflavones)	25 mg	**
Muir Puama Extract (bark; <i>Muir puama</i> )	25 mg	**
Oat Straw Powder (whole herb; <i>Avena sativa</i> )	25 mg	**
Tribulus Extract (seed; <i>Tribulus terrestris</i> ; standardized to 40% saponins)	25 mg	**
Black Pepper Extract (fruit; <i>Piper nigrum</i> ; standardized to 95% piperine) (BioPerine®)	5 mg	**
Olive Extract (leaf; <i>Olea europaea</i> ; standardized to 20% oleuropein)	5 mg	**

Other Ingredients: Multi Vitamin: Microcrystalline cellulose, hypromellose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. Omega 500: Highly concentrated omega-3 fish oil (anchovy, sardine, mackerel), capsule shell (gelatin, glycerin, purified water), natural lemon flavor, proprietary antioxidant blend (consisting of natural tocopherols, rosemary extract, and ascorbyl palmitate). Testro Adaptogenic: Hypromellose, vegetable magnesium stearate, silica. Zinc: Microcrystalline cellulose, hypromellose, vegetable magnesium stearate. M-Arouse: Hypromellose, vegetable magnesium stearate. Contains: Fish (anchovy, sardine, mackerel), and Soy. BioFolate® is a federally registered trademark of MTC Industries, Inc. • BioPerine® is a registered trademark of Sabinsa Corporation.

Directions: Take one packet daily or as directed by your healthcare practitioner.

Warning: If taking medication or other nutritional supplements, consult your healthcare practitioner before use. Excessive intake of vitamin A may be toxic and may contribute to osteoporosis. Contains fish oil. Do not use if you are allergic to fish or fish oil. Keep out of reach of children.

## References:

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\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A cGMP FACILITY

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