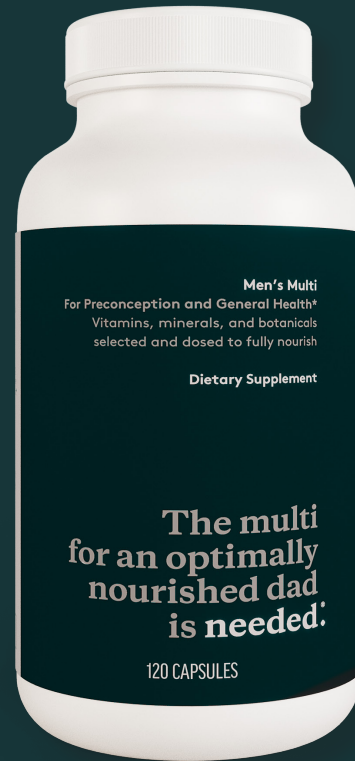


needed.[®]

This guide is intended as a helpful resource in talking to your health practitioner about the benefits of needed's Men's Multi.

Needed.[®] is a nutrition company on a mission to empower real nourishment throughout the preconception and perinatal journey, and beyond. We work directly with health practitioners and researchers to offer science-backed products and education. Learn more at thisisneeded.com. If you have questions, drop us a note at practitioners@thisisneeded.com.



A Better Men's Multi is needed.

Dads (and their sperm) need extra support too. Most Multi's are dosed at bare minimums.

Nutritional deficiencies can compromise everything from libido and sperm health to brain function and hair coverage. Our Male Multi includes forms of nutrients that work best in the body and dosages intended to fully nourish versus meet minimum requirements, so that you are set-up for success at every stage.

Our Men's Multi supports:



fertility and sperm health (motility, morphology and count)



libido and overall vitality



brain function and mood



hair coverage and skin plumpness



eye and heart health

“Supporting our body's biochemical processes with the right nutrients that are in the right form is important for optimal overall daily function including reproductive health like testosterone and sperm production.”

— DR. RORY GIBBONS

We are thoughtful about every ingredient and leverage optimal forms and dosages including:

- ✓ **Vitamin D3**
2,000 IU as Cholecalciferol
Optimal Vitamin D levels support immune response, hormone production, and sperm quality.
- ✓ **Vitamin B-12**
200 mcg as Methylcobalamin and Adenosylcobalamin
Optimal B12 levels support energy and nervous system health.
- ✓ **Choline**
50 mg as Choline Bitartrate
Optimal Choline levels support memory, metabolism, and sperm quality.
- ✓ **Selenium**
200 mcg as L-selenomethionine
Optimal Selenium levels support memory, sperm quality, and prostate health.
- ✓ **Magnesium**
150 mg as Magnesium Bisglycinate
Optimal Magnesium levels support muscle function and blood pressure.
- ✓ **Zinc**
30 mg as Zinc Bisglycinate
Optimal Zinc levels support testosterone production, metabolism, and DNA production.
- ✓ **Vitamin K2**
90 mcg as Menaquinone-7
Optimal Vitamin K2 levels support bone and prostate health.

Supplement Facts			
Serving Size 4 Capsules Servings Per Container 30			
Amount Per 4 Capsule Serving	% Daily Value	Amount Per 4 Capsule Serving	% Daily Value
Vitamin A (as 50% beta-carotene, 50% retinyl palmitate)	1000 mcg 111%	Zinc (as zinc bisglycinate TRAACS)	30 mg 273%
Vitamin C (as ascorbic acid)	150 mg 167%	Selenium (as L-selenomethionine)	200 mcg 364%
Vitamin D (D3 as cholecalciferol)	50 mcg (2000 IU) 250%	Copper (as copper bisglycinate TRAACS™)†	1 mg 111%
Vitamin E (from mixed tocopherols)	30 mg 200%	Manganese (as manganese bisglycinate TRAACS)	2 mg 87%
Thiamin (Vitamin B1 as thiamine hydrochloride)	2.5 mg 208%	Chromium (as chromium picolinate)	120 mcg 343%
Riboflavin (Vitamin B2 as 50% riboflavin 5-phosphate, 50% riboflavin)	10 mg 769%	Molybdenum (as molybdenum glycinate chelate TRAACS)	50 mcg 111%
Niacin (Vitamin B3 as niacinamide)	16 mg 100%	Mixed Tocopherols	67 mg **
Vitamin B6 (as pyridoxal 5-phosphate)	10 mg 588%	d-alpha-tocopherol	30 mg **
Folate (as L-methylfolate, glucosamine salt, Quatrefolic®)	680 mcg DFE (408 mcg folate) 170%	d-beta-tocopherol	0.4 mg **
Vitamin B12 (as 50% adenosylcobalamin, 50% methylcobalamin)	200 mcg 8330%	d-gamma-tocopherol	36 mg **
Biotin	20 mcg 67%	d-delta-tocopherol	0.6 mg **
Pantothenic acid (as calcium D-pantothenate)	10 mg 200%	Vitamin K2 (as menaquinone-7 K2VITAL® Delta)	90 mcg **
Choline (as choline bitartrate, VitaCholine™)	50 mg 9%	Needed® Organic Antioxidant Blend (High ORAC)	100 mg **
Calcium (as calcium malate, DimaCal™)	30 mg 2%	Grape, Cranberry, Pomegranate, Blueberry, Apple, Mangosteen (Garcinia mangostana), Bilberry, Chokeberry (Aronia arbutifolia), Goji Berry	
Iodine (as potassium iodide)	100 mcg 67%		
Magnesium (as magnesium bisglycinate TRAACS™)	150 mg 36%		

Other Ingredients: Modified Cellulose (Vegetarian Capsule) and L-Leucine.

Other Ingredients:
Vegetable Capsule and L-Leucine

How to Use:

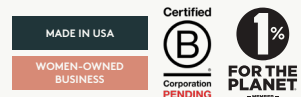
Take four capsules daily with food, ideally in the morning or around lunchtime for optimal energy throughout the day. Dose may be divided between meals.

Our Products Work Best Together.

We designed our Men's Multi to be taken with our Men's Omega-3+ and Men's Pre/Probiotic+. Together these products optimally support your preconception and general health.

Interested in sharing Needed?

We offer a Practitioner Partners referral program that rewards practitioners and their communities for prioritizing better nutrition. To learn more, visit thisisneeded.com/pages/practitioner.



ADDITIONAL 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.