



vitafusion™

WHY VITAMINS MATTER FOR MEN

Men have unique nutritional needs. Understanding these differences can help ensure you're getting the right vitamins and minerals that are crucial to supporting your overall health and wellness.* These essential nutrients are necessary for various body processes, such as energy metabolism, muscle function, and heart health.* While everyone requires the same nutrients, the recommended amounts can vary by gender and age.

DID YOU KNOW?

Magnesium, zinc, potassium, vitamin A, vitamin C, and some B vitamins have higher recommended intakes for men compared to women. On the other hand, men need less iron compared to premenopausal women.

BENEFITS OF A MEN'S MULTIVITAMIN

Men's multivitamins provide essential nutrients for daily nutrition support.* And while it's called a multivitamin, many multivitamins contain both vitamins *and* minerals that conveniently support your nutrient intake.

COMMON HEALTH CONCERNS FOR MEN

By understanding these common health concerns and targeting specific areas of health, you can take proactive steps towards maintaining a healthy lifestyle:

IMMUNE SUPPORT

Supporting your immune system is important for good health. Look for multivitamins with vitamins C, D, and zinc to support immune health.*

BONE AND MUSCLE SUPPORT

While you may think of muscles as being key for good health (and they are!), having strong bones is also vital for men. Look for multivitamins with calcium and vitamin D for bone and muscle health.*

ENERGY METABOLISM

Your body turns the food you eat into daily fuel, so make sure you feed your body well with a healthy diet! Since B vitamins help convert food into cellular energy, look for a multivitamin with a variety of B vitamins such as B12, B6, niacin, and folic acid, for energy metabolism support.*

MULTIVITAMINS FORMULATED FOR MEN'S UNIQUE NEEDS

You want to meet your specific health needs, while also not adding more work to your plate. Fortunately, **vitafusion** can help you get the nutrients you may need in delicious gummy supplements that make taking your vitamins a breeze!



vitafusion men's multi:

Every two-gummy serving provides vitamins and minerals that help support your immune system, muscles, and energy metabolism,* all with a delightful berry flavor.



vitafusion men's 50+ multi:

With mouthwatering apple & citrus berry flavors, each two-gummy serving provides nutrients to support eye, immune, and muscle health, with B vitamins to help support heart health* in men ages 50 and over.

Brought to you by the **vitafusion**[™] nutrition experts

***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.**