

Male Formula

(U.S. product)

Article No. 02262 (30-day supply)

This formula provides extra amounts of vitamin E and folic acid, plus our proprietary Male Herbal Blend and other traditional Chinese herbs designed for optimum male health. 60 caplets; two per day.

- **Vitamin E:** An important antioxidant; may help neutralize harmful effects of LDL cholesterol; protects against oxidative stress caused by exercise; supports heart health.*
- **Folate (folic acid):** Lowers homocysteine levels which helps to maintain healthy heart and brain function.*
- **Pueraria Root:** The richest-known source of isoflavones. These are the beneficial compounds previously identified in soy and have been shown to help maintain healthy hormone levels and support prostate health.*
- **Saw Palmetto Extract:** Shown to have a positive effect on prostate health.*
- **Lycopene:** A carotenoid (like beta carotene) found in tomatoes. Studies have shown lycopene to be more effective than other carotenoids in promoting male health.*
- **Proprietary Male Herbal Blend:** Traditional herbs used since ancient times for optimum male health.
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

**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.*



Supplement Facts

Serving Size 1 Caplet

	Amount Per Serving	% DV
Vitamin E (d,l-alpha tocopheryl acetate, d-alpha tocopheryl succinate)	50 IU	167
Folate (folic acid)	200 mcg	50
Pueraria root standardized extract (40% daidzein isoflavones) (Pueraria lobata)	25 mg	†
Saw palmetto standardized liposterolic extract (90% sterols and fatty acids) (berry)	80 mg	†
Tomato lycopene concentrate	12.5 mg	†
Watkins Male Herbal Blend	250 mg	†
Damiana leaf, green oat extract, stinging nettle extract, muira puama bark, cuscuta seed extract, cnidium seed extract, bitter orange fruit extract, cistanches herb extract, schisandra berry extract		
Watkins Bio-Activator™ Blend	12.5 mg	†
Black pepper fruit, ginger root, cellulase plant enzyme		

† Daily value (DV) not established.

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze

Directions: For adults and teens: take one caplet two times daily with meals.

Please note change in US label: Due to US government regulations, the US label for Male Formula now lists the amount of the ingredient that is taken at one time (one caplet) rather than the amount of the daily dose, as was previously listed. The product has not changed, but you will see a difference in the amount of the ingredient and the percent of the Daily Value (%DV) listed on the label. To calculate the amount of the ingredient or the %DV in a daily dose, multiply the amount of the ingredient or the %DV listed on the label, by the number of caplets taken per day. For example, the amount of folate is listed as 200 mcg, with a %DV of 50% per caplet. Since the instructions are to take 2 caplets per day, multiply 200 x 2, which equals 400 mcg of folate in a daily dose, and 50 x 2 equals 100% of the Daily Value (DV) for folate.

Testimonial—

Individual results may vary. Consult your physician before taking any dietary supplements.

“Since taking Watkins Male Formula I feel 20 years younger. I no longer have shortness of breath, and my urinary problems have completely subsided. I sleep better, and my energy level has increased. This week I loaded and unloaded one ton of hay (32 bales) and I'm 63 years old! Thanks, Watkins, for changing my life!”

— **Gary Ballard, California**