

**ACTIVE INGREDIENTS. Each tablet contains:**

Silybum marianum (Milk Thistle) dry ext.	720micrograms
Derived from dried fruit	50mg
Ginkgo biloba dry ext.	400micrograms
Derived from dried leaves	20mg
Zingiber officinalis dry ext.	460micrograms
Derived from dried rhizome	5mg
Lycium barbarum (Goji) dry ext.	12.5mg
Derived from dried fruit	5mg
Lycopersicon esculentum (Tomato) dry ext.	108mg
Derived from dried fruit	2.2g
Standardised to Lycopene	6.5mg
Pyridoxine hydrochloride	18.2mg
Equiv. to Pyridoxine (Vitamin B6)	15mg
Cyanocobalamin (Vitamin B12)	100micrograms
Calcium ascorbate	28mg
Equiv. to Ascorbic acid (Vitamin C)	25mg
d-alpha tocopheryl acid succinate (Vitamin E 125IU)	103mg
Magnesium (from Magnesium amino acid chelate)	10mg
Folic Acid	99micrograms
Selenium (from Selenomethionine)	75micrograms
Zinc (from citrate dihydrate)	25mg
Levocarnitine fumarate	80mg
Equiv. to Levocarnitine	50mg
Ubidecarenone (Co-Enzyme Q10)	30mg
Panax ginseng (Korean Ginseng) dry ext.	150mg
Derived from dried root	1.5g
Eleutherococcus senticosus (Siberian Ginseng) dry ext.	33.3mg
Derived from dried root	500mg
Epimedium sagittatum (Horny Goat Weed) dry ext.	75mg
Derived from dried herb top	1.5g
Tribulus terrestris dry ext.	10mg
Derived from dried fruit	500mg
Panax quinquefolius (American Ginseng) dry ext.	62.5mg
Derived from dried root	250mg

**WARNING:** Contains zinc which may be dangerous if taken in large amounts or for a long period. If symptoms persist consult your healthcare practitioner. This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Do not take while on warfarin therapy without medical advice. Vitamins and minerals can only be of assistance if the dietary vitamin intake is inadequate.

**Livestrong**  
Nutrition

# Hair Essential

A Multivitamin Complex  
Designed to Support  
Healthy Hair Growth

Film Coated Tablets **60**

AUST L 293505

Livestrong's Hair Essential formula is a part of our Fertiex range. It has been specifically formulated with nutrients to support healthy hair. Hair Essential contains Zinc which is involved in DNA, RNA and protein synthesis, maintaining the structure and integrity of cell membranes. This formula also contains Vitamin C which is a potent antioxidant that can reduce the risk of cellular damage from free radicals. It also contains Selenium which assists in protecting cells and tissues from free radical damage. This formula also contains the Coenzyme Q10, which is a fat-soluble antioxidant that helps to stabilise cell membranes and preserve cellular integrity and function.

**Directions for use:**  
Adults, take 1 tablet twice daily, with meals, or as directed by your health care professional.

**Do not use if tamper evidence seal is missing, torn or broken**

Store below 30°C

Livestrong Nutrition Pty Ltd  
PO BOX 57  
Ryde NSW 1680 Australia  
[www.livestrongnutrition.com.au](http://www.livestrongnutrition.com.au)

Exp:  
Batch:



0 728238 600389

Add the word "growth" before the full stop

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Equiv. to Pyridoxine (Vitamin B6)	15mg
Cyanocobalamin (Vitamin B12)	100micrograms
Calcium ascorbate	28mg
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d-alpha tocopheryl acid succinate (Vitamin E 125IU)	103mg
Magnesium (from Magnesium amino acid chelate)	10mg

**Livestrong**  
Nutrition

# Men's Essential

A Multivitamin Complex  
Designed to Support  
Healthy Testosterone Levels

Film Coated Tablets **60**

AUST L 293505

Livestrong's Men's Essential formula is a part of our Fertiex range. It has been specifically formulated with nutrients to balance and support normal physiology and function. Mens Essential contains Zinc which supports healthy testosterone levels in men and plays an important role in male reproductive health. It also

**Directions for use:**  
Adults, take 1 tablet twice daily, with meals, or as directed by your health care professional.

**Do not use if tamper evidence seal is missing, torn or broken**

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