

# S U P P L E M E N T F A C T S

## ADVOCARE MNS® 3

### S U P P L E M E N T F A C T S

Serving Size: One 4-packet strip (Two White Packets/Two Color Packets)  
Servings Per Container: 14

	White Packets (per 2) Amt Per Serving	% DV	Color Packets (per 2) Amt Per Serving	% DV
Calories	20			
Total Fat	2g	3%†		
Vitamin A (as beta-carotene)	1,500mcg	167%	300mcg	33%
Vitamin C (as ascorbic acid/ mineral ascorbates)	100mg	111%	60mg	67%
Vitamin D (as cholecalciferol)	50mcg	250%	25mcg	125%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	60mg	400%		
Vitamin K (as phytonadione)			40mcg	33%
Thiamine (as thiamine HCl)	2mg	167%		
Riboflavin	5.1mg	392%		
Niacin (as niacinamide)	45mg	281%		
Vitamin B6 (pyridoxine HCl)	6mg	353%	3mg	176%
Folate	1,333mcg DFE (800mcg folic acid)	333%		
Vitamin B12 (as cyanocobalamin)	36mcg	1500%		
Biotin	300mcg	1000%	2mg	6,667%
Pantothenic Acid	30mg	600%		
Choline	50mg	9%		
Calcium (as amino acid chelate)	150mg	12%	500mg	38%
Phosphorus (as amino acid chelate)	25mg	2%		
Iodine (from kelp)	225mcg	150%		
Magnesium (as amino acid chelate, oxide, ascorbate and phosphate)	175mg	42%	250mg	60%
Zinc (as zinc monomethionine-OptiZinc)‡	15mg	136%	7.6mg	69%
Selenium (L-Selenomethionine)	70mcg	127%		
Copper (as amino acid chelate)	2mg	222%	200mcg	22%
Manganese (as amino acid chelate)	4mg	174%	1mg	43%
Chromium (as chromium citrate)	100mcg	286%	100mcg	286%
Molybdenum (as amino acid chelate)	75mcg	167%		
Potassium (as potassium chloride, amino acid chelate, phosphate, and bicarbonate)	100mg	2%	295mg	6%
Eicosapentaenoic acid (from marine lipids)	600mg	**		
Oolong tea extract (leaf- <i>Camellia sinensis</i> )	500mg	**		
Docosahexaenoic acid (from marine lipids)	400mg	**		
Guarana extract (seed- <i>Paullinia cupana</i> )			300mg	**
Taurine			300mg	**
Green tea extract (leaf- <i>Camellia sinensis</i> )	100mg	**	60mg	**
ThermoGen-HC™ (Gotu kola leaf, chamomile flower, Chinese licorice root, sweet orange peel, cinnamon bark, ginger root, peppermint leaf)			112mg	**
Coenzyme Q10	100mg	**		
Garlic powder, odorless (bulb- <i>Allium sativum</i> )	50mg	**		
Horsetail extract (aerial- <i>Equisetum arvense</i> )			50mg	**
Guggul gum resin			50mg	**
Citrus flavonoids	45mg	**		
Ginger extract (root- <i>Zingiber officinale</i> )			25mg	**
Rutin			20mg	**
Cayenne powder (fruit- <i>Capsium annuum</i> )			16mg	**
Lycopene	15.7mg	**		
Inositol	10mg	**		
Alpha-Lipoic Acid	6.5mg	**		
N-Acetylcysteine	700mcg	**		
Silicon (as amino acid chelate)	500mcg	**	500mcg	**
Lutein (as esters from <i>Tagetes</i> sp.)	400mcg	**		
Boron (as amino acid chelate)	300mcg	**	300mcg	**
Vanadium (as bis-maltolato-oxovanadium)	50mcg	**		

† Percent Daily Values (DV) are based on a 2,000-calorie diet. \*\* Daily Value not established.

**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, GELATIN, CROSCARMELLOSE SODIUM, MALTODEXTRIN, AQUEOUS COATING (HYDROXYPROPYL METHYLCELLULOSE, HYDROXYPROPYL CELLULOSE, POLYETHYLENE GLYCOL, GLYCERIN, CHLOROPHYLLIN COPPER COMPLEX SODIUM, SODIUM CITRATE, DEXTROSE, SOY LECITHIN, SODIUM CARBOXYMETHYLCELLULOSE), RICE FLOUR, STEARIC ACID, DICALCIUM PHOSPHATE, SILICON DIOXIDE, MAGNESIUM STEARATE, NATURAL LEMON FLAVOR, DEXTROSE, ETHYLCELLULOSE.

**CONTAINS: SOY AND FISH (OIL FROM SARDINES, HERRING, MACKEREL, MENHADEN).**

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ADVOCARE® INTERNATIONAL, LLC  
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**FOR MORE INFORMATION VISIT [ADVOCARE.COM](http://ADVOCARE.COM)**

‡OPTIZINC® & LOGO ARE TRADEMARKS OF LONZA OR ITS AFFILIATES.

#### **DIRECTIONS FOR USE:**

TAKE CONTENTS OF THE TOP COLOR PACKET 30 MINUTES BEFORE BREAKFAST.

TAKE CONTENTS OF REMAINING COLOR PACKET 30 MINUTES BEFORE LUNCH.

TAKE CONTENTS OF BOTH WHITE PACKETS WITH A MEAL, EITHER BREAKFAST OR LUNCH.

IN TOTAL, CONSUME CONTENTS OF ONE (4-PACKET) STRIP PACK EACH DAY.

**STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.**

**CAUTION:** DO NOT TAKE MORE THAN THE CONTENTS OF ONE STRIP PER DAY. CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THESE PRODUCTS.

NOT INTENDED FOR USE BY PREGNANT OR NURSING WOMEN.

THIS PRODUCT CONTAINS HERBAL SOURCES OF CAFFEINE EQUIVALENT TO A RANGE OF APPROXIMATELY 130MG TO 160MG PER STRIP PACK.

**KEEP OUT OF REACH OF CHILDREN.**

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

ADVOCARE® INTERNATIONAL, LLC