

SUPPLEMENT FACTS

MNS 3®

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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			
Calories from Fat	20			
Total Fat	2g	3%†		
Vitamin A (as beta-carotene)	5,000 IU	100%	1,000 IU	20%
Vitamin C (as ascorbic acid/mineral ascorbates)	180mg	300%	60mg	100%
Vitamin D (as cholecalciferol)	2000 IU	500%	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	340%		
Vitamin K (as phytonadione)			40mcg	50%
Thiamine (as thiamine HCl)	4.5mg	300%		
Riboflavin	5.1mg	300%		
Niacin (as niacinamide)	45mg	225%		
Vitamin B6 (pyridoxine HCl)	6mg	300%	3mg	150%
Folic acid	800mcg	200%		
Vitamin B12 (as cyanocobalamin)	36mcg	600%		
Biotin	300mcg	100%	2mg	667%
Pantothenic acid	30mg	300%		
Calcium (as amino acid chelate)	150mg	15%	500mg	50%
Phosphorus (as amino acid chelate)	25mg	2%		
Iodine (from kelp)	225mcg	150%		
Magnesium (as amino acid chelate, oxide, ascorbate and phosphate)	175mg	44%	250mg	62%
Zinc (as zinc monomethionine - OptiZinc®)	15mg	100%	7.6mg	50%
Selenium (L-selenomethionine)	80mcg	114%		
Copper (as amino acid chelate)	2mg	100%	200mcg	10%
Manganese (as amino acid chelate)	4mg	200%	1mg	50%
Chromium (as chromium citrate)	100mcg	83%	100mcg	83%
Molybdenum (as amino acid chelate)	75mcg	100%		
Potassium (as potassium chloride/amino acid chelate/phosphate/bicarbonate)	100mg	3%	295mg	8%
Citrus flavonoids	100mg	*		
Green tea extract (leaf - Camellia sinensis)	100mg	*	60mg	*
Choline (as bitartrate)	50mg	*		
Garlic powder, odorless (bulb - Allium sativum)	50mg	*		
Inositol	10mg	*		
Alpha-Lipoic acid	10mg	*		
N-Acetylcysteine	3mg	*		
Lutein (as esters from Tagetes sp.)	1mg	*		
Lycopene	15mg	*		
Silicon (as amino acid chelate)	500mcg	*	500mcg	*
Boron (as amino acid chelate)	300mcg	*	300mcg	*
Coenzyme Q-10	100mg	*		
Vanadium (as bis-maltolato-oxovanadium)	50mcg	*		
Eicosapentaenoic acid (from marine lipids)	600mg	*		
Docosahexaenoic acid (from marine lipids)	400mg	*		
Horsetail extract (aerial - Equisetum arvense)			50mg	*
Ginger extract (root - Zingiber officinale)			25mg	*
Guarana extract (seed - Paullinia cupana)			300mg	*
ThermoGen-HC™ (Gotu kola leaf, chamomile flower, Chinese licorice root, sweet orange peel, cinnamon bark, ginger root, peppermint leaf)			112mg	*
Cayenne powder (fruit - Capsicum annum)			16mg	*
Oolong tea extract (leaf - Camellia sinensis)			500mg	*
Taurine			300mg	*
Guggul gum resin			50mg	*
Rutin			20mg	*

† 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 AND/OR MENHADEN).**

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. PLEASE SEEK THE ADVICE OF A HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT.

NOT INTENDED FOR USE BY PREGNANT OR NURSING WOMEN.

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

KEEP OUT OF REACH OF CHILDREN: IN CASE OF ACCIDENTAL OVERDOSE, SEEK PROFESSIONAL ASSISTANCE OR CONTACT A POISON CONTROL CENTER IMMEDIATELY.

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