

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

ADVOCARE MNS® E

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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	10			
Total Fat	1g	1%†		
Vitamin A (as beta-carotene)	1,500mcg	167%		
Vitamin C (as ascorbic acid/ mineral ascorbates)	100mg	111%		
Vitamin D (as cholecalciferol)	37.5mcg	188%		
Vitamin E (as d-alpha tocopheryl succinate, mixed tocopherols and d-alpha tocopheryl acetate)	60mg	400%		
Thiamine (as thiamine HCl)	2mg	167%		
Riboflavin	5.1mg	392%		
Niacin (as niacinamide)	45mg	281%		
Vitamin B6 (pyridoxine HCl)	6mg	353%	4mg	235%
Folate	1,333mcg DFE (800mcg folic acid)	333%	1,333mcg DFE (800mcg folic acid)	333%
Vitamin B12 (as cyanocobalamin)	36mcg	1500%		
Biotin	300mcg	1000%	1800mcg	6,000%
Pantothenic Acid	30mg	600%	60mg	1200%
Choline	50mg	9%	120mg	22%
Calcium (as amino acid chelate)	150mg	12%		
Phosphorus (as amino acid chelate)	25mg	2%		
Iodine (from kelp)	225mcg	150%	50mcg	33%
Magnesium (as amino acid chelate)	175mg	42%		
Zinc (as zinc monomethionine-OptiZinc)†	15mg	136%	2 mg	18%
Selenium (L-Selenomethionine)	70mcg	127%		
Copper (as amino acid chelate)	2mg	222%		
Manganese (as amino acid chelate)	4mg	174%		
Chromium (as chromium citrate)	100mcg	286%	100mcg	286%
Molybdenum (as amino acid chelate)	75mcg	167%		
Potassium (as potassium chloride, amino acid chelate)	100mg	2%		
L-Glutamine			1,600mg	**
L-Tyrosine			800mg	**
Oolong tea extract (leaf- <i>Gymnema sylvestri</i>)			340mg	**
Eicosapentaenoic acid (from marine lipids)	300mg	**		
Docosahexaenoic acid (from marine lipids)	200mg	**		
Caffeine			250mg	**
Guggul gum resin			200mg	**
L-Arginine (as HCl)			200mg	**
L-Carnitine (as tartrate)			150mg	**
Guarana extract (seed- <i>Paullinia cupana</i>)			150mg	**
Green tea extract (leaf- <i>Camellia sinensis</i>)	100mg	**	260mcg	**
Cinnamon extract (bark- <i>Cinnamomum cassia</i>)			100mg	**
Taurine			100mg	**
Skullcap extract (root- <i>Scutellaria baicalensis</i>)			100mg	**
Green coffee extract (fruit- <i>Coffea arabica</i>)			50mg	**
Garlic powder, odorless (bulb- <i>Allium sativum</i>)	50mg	**		
Beta-sitosterol			50mg	**
Citrus flavonoids	45mg	**		
Inositol	10mg	**	20mg	**
Gymnema extract (leaf- <i>Gymnema sylvestri</i>)			10mg	**
Kola nut extract (leaf- <i>Cola acuminata</i>)			10mg	**
Alpha-Lipoic acid	6.5mg	**		
Coleus extract (root- <i>Coleus forskohlii</i>)			4mg	**
N-Acetylcysteine	700mcg	**		
Lycopene	700mcg	**		
Silicon (as amino acid chelate)	500mcg	**		
Lutein (as esters from <i>Tagetes</i> sp.)	400mcg	**		
Boron (as amino acid chelate)	300mcg	**		
Vanadium (as bis-maltolato-oxovanadium)	50mcg	**	200mcg	**
Coenzyme Q-10	150mcg	**		

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

OTHER INGREDIENTS: DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, MALTODEXTRIN, SILICON DIOXIDE, STEARIC ACID, CROSSCARMELLOSE SODIUM, AQUEOUS COATING (HYDROXYPROPYL METHYLCELLULOSE, HYDROXYPROPYL CELLULOSE, POLYETHYLENE GLYCOL, GLYCERIN, CHLOROPHYLLIN COPPER COMPLEX SODIUM, SODIUM CITRATE, DEXTROSE, LECITHIN, SODIUM CARBOXYMETHYLCELLULOSE), BEET JUICE POWDER, MAGNESIUM STEARATE, GELATIN, NATURAL LEMON FLAVOR, DEXTROSE.

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

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FOR MORE INFORMATION VISIT 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 338MG TO 412MG 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