

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

## ADVOCARE MNS® C

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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)	120mg	133%		
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%	3mg	250%
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%		
Pantothenic Acid	30mg	600%	60mg	1200%
Choline (as bitartrate)	50mg	9%	140mg	25%
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%	2mg	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%		
Guarana extract (seed- <i>Paullinia cupana</i> )			390mg	**
Oolong tea extract (leaf- <i>Camellia sinensis</i> )			360mg	**
Eicosapentaenoic acid (from marine lipids)	300mg	**		
Docosahexaenoic acid (from marine lipids)	200mg	**		
White tea extract (leaf- <i>Camellia sinensis</i> )	250mcg	**	200mg	**
Guggul gum resin			200mg	**
Black tea extract (leaf- <i>Camellia sinensis</i> )			160mg	**
L-Carnitine (as tartrate)			150mg	**
Green maté extract (leaf- <i>Ilex paraguariensis</i> )			120mg	**
Green tea extract (leaf- <i>Camellia sinensis</i> )	100mg	**		
Cinnamon extract (bark- <i>Cinnamomum cassia</i> )			100mg	**
Taurine			100mg	**
Beta-sitosterol			50mg	**
Garlic powder, odorless (bulb- <i>Allium sativum</i> )	50mg	**		
Citrus flavonoids	45mg	**		
Inositol	10mg	**	20mg	**
5-Hydroxytryptophan (seed- <i>Griffonia simplicifolia</i> )	25mg	**		
D-Limonene	20mg	**		
Gymnema extract (leaf- <i>Gymnema sylvestre</i> )			10mg	**
Alpha-Lipoic Acid	6.5mg	**		
N-Acetylcysteine	700mcg	**	5mg	**
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	**	200 mcg	**
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, CROSCARMELLOSE SODIUM, STEARIC ACID, MAGNESIUM STEARATE, SILICON DIOXIDE, BEET ROOT EXTRACT (FOR COLOR), MALTODEXTRIN, AQUEOUS COATING (CONSISTING OF HYDROXYPROPYL METHYLCELLULOSE, MALTODEXTRIN, DEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE, POLYETHYLENE GLYCOL, GLYCERIN, CHLOROPHYLLIN COPPER COMPLEX SODIUM), GELATIN, DEXTROSE, GLYCERIN, NATURAL LEMON FLAVOR.

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

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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 300MG TO 320MG 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