



SUPPLEMENT FACTS

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

	White Packets (per 2) Aust Per Serving	% DV	Color Packets (per 2) Aust Per Serving	% DV
Calories	20			
Calories from Fat	20			
Total Fat	2g	5%†		
Vitamin A (as beta-carotene)	5,000 IU	100%	1,000 IU	20%
Vitamin C (as ascorbic acid/ascorbic acid)	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%	7.5mg	50%
Selenium (as 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	67%	100mcg	67%
Molybdenum (as amino acid chelate)	75mcg	100%		

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, GELATIN, CROSSCARMELLOSE SODIUM, MALTODextrin, ADJUVANT 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.

Formulated/Manufactured exclusively for Advocare International L.P., Plano, TX 75074 800-542-4800. For more information visit www.advocare.com

SUPPLEMENT FACTS CONTINUED

	White Packets (per 2) Aust Per Serving	% DV	Color Packets (per 2) Aust Per Serving	% DV
Potassium (as potassium chloride/acid and chelate/phosphate/bicarbonate)	100mg	3%	250mg	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-maleate-o-vanadate)	50mcg	*		
Eicosapentaenoic acid (from marine lipids)	600mg	*		
Docosahexaenoic acid (from marine lipids)	400mg	*		
Horseshall extract (root - Equisetum arvense)			50mg	*
Ginger extract (root - Zingiber officinale)			25mg	*
Guarana extract (seed - Paullinia cupana)			300mg	*
ThermoGen-HC™ (Sis-licia leaf, chamomile flower, Chinese licorice root, real orange peel, cinnamon bark, ginger root, pepper mint leaf)			112mg	*
Cayenne powder (fruit - Capsicum annuum)			16mg	*
Dandelion tea extract (leaf - Taraxacum officinale)			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.



MNS³

METABOLIC NUTRITION SYSTEM

ENERGY* • CONTROL* • WELLNESS*

MULTINUTRIENT DIETARY SUPPLEMENT

Advanced core nutrition and wellness*
Sustained-release energy* • Appetite control*

14 DAILY STRIP PACKS
(112 CAPLETS, 42 CAPSULES, AND 28 SOFTGELS)



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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.

MNS³ provides everything you need in a weight-management system; sustained energy, appetite control, core nutrition and all-around wellness.*

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 180 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.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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