



SUPPLEMENT FACTS

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

	White Packets (per 2) Per Serving	% DV	Color Packets (per 2) Per Serving	% DV
Calories	10			
Calories from Fat	10			
Total Fat	1g	2%		
Vitamin A (as beta-carotene)	5,000 IU	100%		
Vitamin C (as ascorbic acid/mineral ascorbate)	200mg	333%		
Vitamin D (as cholecalciferol)	1500 IU	375%		
Vitamin E (as α -tocopherol) succinate and mixed tocopherols	90 IU	300%		
Thiamine (as thiamine HCl)	4.5mg	300%	3mg	200%
Riboflavin	5.1mg	300%		
Niacin (as niacinamide)	45mg	225%		
Vitamin B6 (pyridoxine HCl)	6mg	300%	4mg	200%
Folic acid	800mcg	200%	800mcg	200%
Vitamin B12 (as cyanocobalamin)	35mcg	600%		
Biotin	300mcg	100%		
Pantothenic acid	30mg	300%	60mg	600%
Calcium (as amino acid chelate)	150mg	15%		
Phosphorus (as amino acid chelate)	25mg	2%		
Iodine (from kelp)	225mcg	150%	50mcg	33%
Magnesium (as amino acid chelate)	175mg	44%		
Zinc (as zinc monomethionine - <i>ChelateZinc</i>)	15mg	100%	2mg	14%
Selenium (L-selenomethionine)	60mcg	114%		
Copper (as amino acid chelate)	2mg	100%		
Manganese (as amino acid chelate)	4mg	300%		
Chromium (as chromium chelate)	100mcg	83%	100mcg	83%
Molybdenum (as amino acid chelate)	75mcg	100%		
Potassium (as potassium chloride/amino acid chelate)	100mg	3%		

OTHER INGREDIENTS: DICALCIUM PHOSPHATE, MICROCRYSTALLINE CELLULOSE, CHOCOLATE, SODIUM STEARATE, SODIUM STEARATE, SODIUM DIOXIDE, BEET ROOT EXTRACT FOR COLOR, MALTODEXTRIN, AQUEOUS COATING (CONSISTING OF HYDROXYPROPYL METHYLCELLULOSE, SODIUM CARBOXYMETHYLCELLULOSE, MALTODEXTRIN, DEXTROSE, SOY LECITHIN, SODIUM CITRATE, POLYETHYLENE GLYCOL, GYCERIN, CHLOROPHYLLIN, COPPER COMPLEX SODIUM, GELATIN, DEXTROSE, GLYCERIN, NATURAL LEMON FLAVOR, 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) Per Serving	% DV	Color Packets (per 2) Per Serving	% DV
Citrus flavonoids	100mg	*		
Green tea extract (leaf - Camellia sinensis)	100mg	*		
Choline (as bitartrate)	50mg	*	140mg	*
Garlic powder, odorless (sub - Alkylated)	50mg	*		
Inositol	10mg	*	20mg	*
Alpha-Lipoic acid	10mg	*		
N-Acetylcysteine	3mg	*	5mg	*
Lutein (as ester from Tagetes sp.)	1mg	*		
Lycopene	1mg	*		
Silicon (as amino acid chelate)	500mcg	*		
Boron (as amino acid chelate)	300mcg	*		
Coenzyme Q-10	150mcg	*		
Vanadium (as 30-nitro-10-oxovanadium)	50mcg	*	200mcg	*
Eicosapentaenoic acid (from marine lipids)	300mg	*		
Docosahexaenoic acid (from marine lipids)	200mg	*		
White tea extract (leaf - Camellia sinensis)	250mcg	*	200mg	*
5-Hydroxytryptophan (acid - <i>5-HTP</i>)	25mg	*		
D-Limonene	25mg	*		
Guggul gum resin			200mg	*
L-Arginine (as HCl)			200mg	*
L-Carnitine (as tartrate)			150mg	*
Cinnamon extract (bark - Cinnamomum cassia)			100mg	*
Taurine			100mg	*
Beta-sitosterol			50mg	*
Gymnema extract (leaf - <i>Gymnema sylvestre</i>)			150mg	*
Oolong tea extract (leaf - <i>Gymnema sylvestre</i>)			360mg	*
Guarana extract (seed - <i>Paullinia cupana</i>)			360mg	*
Black tea extract (leaf - <i>Camellia sinensis</i>)			160mg	*
Green mate extract (leaf - <i>Ilex paraguariensis</i>)			120mg	*

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



MNS[®]C

METABOLIC NUTRITION SYSTEM

• CONTROL* •

MULTINUTRIENT DIETARY SUPPLEMENT

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

14 DAILY STRIP PACKS
(140 CAPLETS, 14 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.

*When compared to MNS[®] 3.

Store away from excessive heat, light, and humidity.

MNS[®] C is an easy-to-use weight management system that provides maximum appetite control along with core nutrition.*

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 300 MG TO 320 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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