



SUPPLEMENT FACTS

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

	White Packets (per 2 Amps Per Serving)	% DV	Color Packets (per 2 Amps 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/ascorbate)	180mg	300%		
Vitamin D (as cholecalciferol)	1500 IU	375%		
Vitamin E (as d-alpha-tocopherol) succinate and mixed tocopherols	80 IU	300%		
Thiamine (as thiamine HCl)	4.5mg	300%		
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)	39mcg	600%		
Biotin	300mcg	100%	1800mcg	600%
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>OptiZinc</i> ®)	15mg	100%	2mg	14%
Selenium (L-selenomethionine)	80mcg	114%		
Copper (as amino acid chelate)	2mg	100%		
Manganese (as amino acid chelate)	4mg	200%		
Chromium (as chromium chelate)	100mcg	83%	100mcg	83%
Molybdenum (as amino acid chelate)	75mcg	100%		
Potassium (as potassium chelated amino acid chelate)	100mg	3%		
Citrus flavonoids	130mg			

Formulated/Manufactured
exclusively for AdvocaCare
International, L.P.
Pleco, TX 75074
800-542-4800
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SUPPLEMENT FACTS CONTINUED

	White Packets (per 2 Amps Per Serving)	% DV	Color Packets (per 2 Amps Per Serving)	% DV
Green tea extract (leaf - Camellia sinensis)	100mg	*	250mcg	*
Caffeine			250mg	*
Choline (as bitartrate)	50mg	*	120mg	*
Garlic powder, odorless (bulb - Allium sativum)	50mg	*		
Inositol	10mg	*	20mg	*
Alpha-Lipoic acid	10mg	*		
N-Acetylcysteine	3mg	*		
Lutein (as ester from <i>Tagetes</i> sp.)	1mg	*		
Lycopene	1mg	*		
Silicon (as amino acid chelate)	500mcg	*		
Boron (as amino acid chelate)	300mcg	*		
Coenzyme Q-10	150mcg	*		
Vanadium (as bis-malato-o-vanadate)	50mcg	*	200mcg	*
Eicosapentaenoic acid (from marine lipids)	300mg	*		
Docosahexaenoic acid (from marine lipids)	200mg	*		
Guggul-gum resin			250mg	*
L-Arginine (as HCl)			200mg	*
L-Carnitine (as tartrate)			150mg	*
Cinnamon extract (bark - Cinnamomum cassia)			100mg	*
Theanine			100mg	*
Beta-sitosterol			50mg	*
Gymnema extract (leaf - <i>Gymnema sylvestre</i>)			10mg	*
Colony tea extract (leaf - <i>Gymnema sylvestre</i>)			340mg	*
Kola nut extract (leaf - <i>Coffea arabica</i>)			10mg	*
Guarana extract (seed - <i>Paullinia cupana</i>)			150mg	*
Coconut extract (fruit - <i>Cocos fructus</i>)			4mg	*
Skullcap extract (root - <i>Scutellaria tocaleensis</i>)			100mg	*
Green coffee extract (fruit - <i>Coffea arabica</i>)			50mg	*
L-Tyrosine			800mg	*
L-Glutamine			1600mg	*

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



MNS[®] E

METABOLIC NUTRITION SYSTEM

• ENERGY •

MULTINUTRIENT DIETARY SUPPLEMENT

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

14 DAILY STRIP PACKS
(154 CAPLETS, 14 SOFTGELS)

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[®] E is a cutting-edge, easy-to-use weight management system that provides maximum energy 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 412 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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