

RUSSIAN BEAR, ALL NATURAL ingenious formula has excelled far above and beyond other products in existence. It's superior and unique **POWERHOUSE** formula is One Of A Kind.

RUSSIAN BEAR formula incorporates **ADAPTOGENS • METABOLIC INTERMEDIATES • EXOGENOUS ANABOLIC ACTIVATORS** and **ENERGETICS** used by The Russian and USA's body builders and athletes.

This super formula is also boosted with **ANABOLIC VITAMINS** and **MINERALS • ANTIOXIDANTS • METHYL DONORS** and **KREBS CYCLE**

INTERMEDIATES. RUSSIAN BEAR includes a **FREE** Bodybuilding program

by Val Vasilef winner of over 80 physique, power and weightlifting awards including

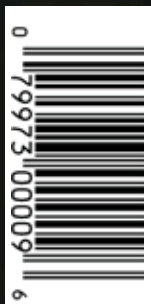
• **MR. AMERICA** • also a researcher in sport science and nutrition.

RUSSIAN BEAR is designed for beginners and competitive, serious and Hardcore Body Builders and Professional Athletes in all sports.

Beginners may desire to half the amount of **RUSSIAN BEAR** tablets recommended.

RUSSIAN BEAR is a complete natural product.

DIRECTIONS: As a dietary supplement for adults, take 8 tablets daily preferably at meal time.



Distributed by Vital Products, LLC
Bradenton, FL 34208

Body Building Info: www.valvasilef.com



Vital Dietary Supplement

Supplement Facts

Serving Size: 8 Tablets

Servings per Container: 25 (paks)

Amount Per Serving	% Daily Value	
Vitamin A (as beta carotene, palmitate)	25000IU	500%
Vitamin C (as calcium ascorbate)	600mg	3333%
Vitamin D (as cholecalciferol)	1000IU	250%
Vitamin E (as d-alpha tocopherol)	600IU	2000%
Thiamin (as thiamine mononitrate)	150mg	1000%
Riboflavin	150mg	8824%
Niacin (as niacinamide)	150mg	750%
Folate (as folic acid)	400mcg	7500%
Vitamin B12 (as cyanocobalamin)	400mcg	100%
Biotin	300mcg	100%
Pantothenic Acid	300mg	3000%
Calcium (as amino acid chelate, citrate)	1000mg	100%
Iodine (from kelp)	150mcg	100%
Magnesium (as amino acid chelate, aspartate)	500mg	125%
Zinc (as amino acid chelate, citrate)	75mg	500%
Selenium (as L-selenomethionine)	200mcg	286%
Copper (as amino acid chelate, aspartate)	2mg	100%
Manganese (as amino acid chelate, aspartate)	10mg	500%
Chromium (as picolinate)	200mcg	166%
Molybdenum (as amino acid chelate, aspartate)	150mcg	200%
Potassium (as amino acid chelate, succinate)	99mg	3%
METABOLIC INTERMEDIATES, ENERGETICS, ADAPTOGENS & METHYL DONORS		
Creatine (as creatine monohydrate)	100mg	*
Boron (from calcium monohydrate)	3mg	*
Bibenzozide (coenzyme B-12)	10mg	*
Succinate (as potassium succinate)	400mg	*
Trans-Ferulic Acid (as rice bran)	600mg	*
Inosine HxR	500mg	*
Lipoic Acid	100mg	*
Para-Aminobenzoic acid	20mg	*
Vanadium (as vanadyl sulfate))	100mcg	*
TMG (as trimethylglycine)	150mg	*
Colostrum	200mg	*

Amount Per Serving	% Daily Value	
FREE FORM AMINO ACIDS		
L-Carnitine (as carnitine HCL)	100mg	*
L-Methionine (as methionine HCL)	150mg	*
Arginine (as pyroglutamate)	4410mg	*
Carnosine	500mg	*
Leucine (as leucine HCL)	120mg	*
Isoleucine (as isoleucine HCL)	1000mg	*
Magnesium (as amino acid chelate, aspartate)	1000mg	*
Valine(as valine HCL)	1000mg	*
HERBAL & PLANT STEROL COMPLEX		
Yohimbe (bark)	600mg	*
Eleutherococcus (root)(Siberian Ginseng)	500mg	*
Mexican Wild Yam/Taro root	300mg	*
Gamma Oryzanol (as rice bran)	100mg	*
Smilax Officialanalis Root	100mg	*
Beta Sitosterol (as wheat germ)	50mg	*
Stigmasterol (as soybean)	50mg	*
Fucosterol (as soybean)	50mg	*
Campesterol (as wheat germ)	50mg	*
Saw Palmetto (as berries)	50mg	*
Gotu Kola (Nut)	50mg	*
GLANDULARS		
Orchic Gland, powdered	1200mg	*
Thymus Gland, powdered	200mg	*
Adrenal Gland, powdered	200mg	*
Pancreas Gland, powdered	100mg	*
Pituitary Gland, powdered	100mg	*
Anterior Lobe Pituitary Gland, powdered	100mg	*
Hypothalamus Gland, powdered	100mg	*

* Daily Value not established

Other ingredients: Dicalcium phosphate, magnesium stearate and stearic acid.

WARNING: Not intended for use by those with a medical condition. Use only as directed. Do not exceed recommended daily intake.