

• CONTROL •

Core Nutrition Plus Appetite Control*

Before Breakfast Color Packet

Metabolic Enhancer* - 2 caplets
Thermo T - 1 caplet

Before Lunch Color Packet

Metabolic Enhancer* - 2 caplets
Thermo T - 1 caplet

Take-With-a-Meal White Packet

CorePlex® - 3 caplets
CitriSate - 1 caplet

Take-With-a-Meal White Packet

OmegaPlex® - 1 softgel



◀ Before
Breakfast

◀ Before
Lunch

◀ With a Meal

◀ With a Meal



14-Day Supply

Listed below are the primary function(s) of each component that makes up MNS® C†:



Metabolic Enhancer*: This key component is a blend of herbal extracts, vitamins and minerals that helps boost the body's energy systems while assisting in appetite control.* The botanical extracts in Metabolic Enhancer support the body's ability to burn calories more effectively, as well as reduce appetite.*



Thermogenesis/Energy* (Thermo T): A unique combination of tea extracts and other nutrients that contribute to cellular energy by helping to support the body's ability to utilize calories and oxidizing fat.*



CorePlex®: CorePlex is a synergistic blend of 36 vitamins, minerals, antioxidants (vitamins A, C and E) and nutrients that can help the body promote and sustain health and well being.*



CitriSate®: The ingredients in CitriSate work together to play a key role to help control appetite and enhance mood.*



OmegaPlex®: OmegaPlex contains 500mg of long-chain omega-3 fatty acids (300mg EPA and 200mg DHA) per softgel that can help support cardiovascular health, joint health and the maintenance of skin when consumed in combination with a healthy diet and exercise.*

SUPPLEMENT FACTS

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			
Calories from Fat	10			
Total Fat	1g	2% †		
Vitamin A (as beta-carotene)	5,000 IU	100%		
Vitamin C (as ascorbic acid/mineral ascorbates)	200mg	333%		
Vitamin D (as cholecalciferol)	1500 IU	375%		
Vitamin E (as d-alpha-tocopheryl 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)	36mcg	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 - OptiZinc®)	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 citrate)	100mcg	83%	100mcg	83%
Molybdenum (as amino acid chelate)	75mcg	100%		
Potassium (as potassium chloride/amino acid chelate)	100mg	3%		
Citrus flavonoids	100mg	*		
Green tea extract (leaf - Camellia sinensis)	100mg	*		
Choline (as bitartrate)	50mg	*	140mg	*
Garlic powder, odorless (bulb - Allium sativum)	50mg	*		
Inositol	10mg	*	20mg	*
Alpha-Lipoic acid	10mg	*		
N-Acetylcysteine	3mg	*	5mg	*
Lutein (as esters from Tagetes sp.)	1mg	*		
Lycopene	1mg	*		
Silicon (as amino acid chelate)	500mcg	*		
Boron (as amino acid chelate)	300mcg	*		
Coenzyme Q-10	150mcg	*		
Vanadium (as bis-maltolate-covanadum)	50mcg	*	200mcg	*
Eicosapentaenoic acid (from marine lipid)	300mg	*		
Docosahexaenoic acid (from marine lipid)	200mg	*		
White tea extract (leaf - Camellia sinensis)	250mcg	*	200mg	*
5-Hydroxytryptophan (seed - Griffonia simplicifolia)	25mg	*		
D-Limonene	20mg	*		
Guggul gum resin		200mg	*	
L-Arginine (as HCl)		200mg	*	
L-Carnitine (as tartrate)		150mg	*	
Cinnamon extract (bark - Cinnamomum ceylanicum)		100mg	*	
Taurine		100mg	*	
Beta-sitosterol		50mg	*	
Gymnema extract (leaf - Gymnema sylvestre)		10mg	*	
Guarana extract (seed - Paulinia cupana)		390mg	*	
Black tea extract (leaf - Camellia sinensis)		160mg	*	
Green maté extract (leaf - Ilex paraguensis)		120mg	*	

† 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, SODIUM CARBOXYMETHYLCELLULOSE, 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 AND/OR MENHADEN).**

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. 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.

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.