

MDR®

Medical Doctors Research®

**Fitness Tabs®
for Men**

With Lycopene

AM60 Dietary
Supplements**MDR®**

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for Men**

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PM60 Dietary
Supplements**Supplement Facts**

Serving Size: 1 Tablet/AM - 1 Tablet/PM

Fitness Tabs® for Men

U.S. Patent # 5,976,568 & 5,948,443

Amount Per Serving		AM	PM	% Daily Value
Natural Carotenoid Complex	Vitamin A (from Fish Liver Oil, Retinyl Palmitate)	1500 IU	1000 IU	}90%
	" " (as Beta-Carotene)	1250 IU	400 IU	
	" " (as Alpha-Carotene)	250 IU	100 IU	
	Lutein (<i>Maru</i>)***	400 mcg	100 mcg	*
	Lycopene (Lyc-O-Mato™)	400 mcg	100 mcg	*
	Zeaxanthin	20 mcg	5 mcg	*
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, and Ascorbyl Palmitate)		150 mg	150 mg	500%
Vitamin D3 (as Cholecalciferol)		400 IU	400 IU	200%
Vitamin E (as d-Alpha Tocopheryl Succinate with Beta, Delta and Gamma Tocopherols)		60 IU	40 IU	333%
Vitamin B1 (from Thiamin Hydrochloride)		5 mg	2 mg	467%
Vitamin B2 (as Riboflavin)		5 mg	1.2 mg	365%
Niacinamide		33 mg	7 mg	200%
Vitamin B6 (from Pyridoxine Hydrochloride)		5 mg	2 mg	350%
Folic Acid		300 mcg	100 mcg	100%
Vitamin B12 (from Cobalamin Concentrate)		12 mcg	6 mcg	300%
Biotin		150 mcg	50 mcg	67%
Pantothenic Acid (from d-Calcium Pantothenate)		15 mg	5 mg	200%
Calcium (from Calcium Carbonate, and Calcium Ascorbate)		225 mg	275 mg	50%
Iron (from Ferrous Fumarate)		8 mg	2 mg	56%
Magnesium (from Magnesium Oxide)		100 mg	100 mg	50%
Zinc (from Zinc Sulfate and Zinc Gluconate)		10 mg	5 mg	100%
Selenium (from L-Selenomethionine)		80 mcg	70 mcg	214%
Copper (from Copper Gluconate)		0.5 mg	0.5 mg	50%
Manganese (from Manganese Amino Acid Chelate and Gluconate)		4 mg	1 mg	250%
Chromium (<i>CHROMADAPT</i>)**		80 mcg	20 mcg	83%
Odorless Garlic		25 mg	50 mg	*

* Daily Value not established. ** U.S. Patent numbers 4,923,855, 4,954,492 and 5,194,615.

*** Patent number 5,382,714.

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Sodium Starch Glycolate, Hypromellose, Magnesium Stearate, Silicon Dioxide, Titanium Dioxide, Polyethylene Glycol, Vanillin, Sodium Citrate Dihydrate, Polysorbate 80