



Nutritional Packets for Men

Dietary Supplement

For the physically active man*

144

60 Packets

**MULTI
VITAMINS**

EST
1960

Supplement Facts		
Serving Size 1 Yellow Round Tablet (per 1 packet)		
Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin D3 (as cholecalciferol)	100 IU	25%
Vitamin B-1 (as thiamine mononitrate)	20 mg	1333%
Vitamin B-2 (as riboflavin)	15 mg	882%
Niacin (Vitamin B-3) (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	200 mcg	50%
Vitamin B-12 (as cyanocobalamin)	25 mcg	417%
Biotin	100 mcg	33%
Pantothenic acid (as d-calcium pantothenate)	30 mg	300%
Zinc (as zinc picolinate)	15 mg	100%
Selenium (as selenium amino acid chelate)	25 mcg	36%
Copper (as copper glycinate chelate)	1 mg	50%
Manganese (as manganese glycinate chelate)	5 mg	250%
Chromium (as chromium nicotinate glycinate chelate)	25 mcg	21%
Molybdenum (as molybdenum glycinate chelate)	25 mcg	33%
Potassium (as potassium citrate)	50 mg	1%

Supplement Facts		
Serving Size 2 Light Yellow Oval Tablets (per 1 packet)		
Amount Per Serving	% Daily Value	
Calcium	170 mg	17%
Phosphorus	128 mg	13%
L-Cysteine (as L-Cystein HCl)	40 mg	†
Whey protein concentrate	800 mg	†
Providing:	Free Form (L-):	
Isoleucine**	40 mg	†
Leucine**	64 mg	†
Lysine**	54 mg	†
Methionine**	14 mg	†
Phenylalanine**	18 mg	†
Threonine**	30 mg	†
Tryptophan**	8 mg	†
Valine**	28 mg	†
Alanine	30 mg	†
Arginine	16 mg	†
Aspartic Acid	62 mg	†
Cysteine	50 mg	†
Glutamic Acid	104 mg	†
Glycine	12 mg	†
Histidine	12 mg	†
Proline	20 mg	†
Serine	30 mg	†
Tyrosine	22 mg	†

† Daily Value not established. ** Essential Amino Acid.

Supplement Facts		
Serving Size 2 White Speckled Oval Tablets (per 1 packet)		
Amount Per Serving	% Daily Value	
Calcium (as calcium carbonate)	400 mg	40%
Iron (as ferrous fumarate)	4 mg	22%
Magnesium (as magnesium oxide)	400 mg	100%
Selenium (as selenium amino acid chelate)	26 mcg	37%
Copper (as copper glycinate chelate)	1 mg	50%
Manganese (as manganese amino acid chelate)	3 mg	150%
Chromium (as chromium nicotinate glycinate chelate)	26 mcg	21%
Molybdenum (as molybdenum glycinate chelate)	26 mcg	35%
Potassium (as potassium citrate)	98 mg	3%

Supplement Facts		
Serving Size 1 Pink Oval Tablets (per 1 packet)		
Amount Per Serving	% Daily Value	
Vitamin A (as vitamin A palmitate and 50% as beta carotene)	10000 IU	200%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin E (as dl-alpha tocopheryl acetate)	150 IU	500%

Other Ingredients in Yellow Round Tablet: Stearic acid vege grade, croscarmellose sodium, magnesium stearate vege grade, hydroxypropyl methylcellulose, maltodextrin, rice flour, sucrose, corn starch, gelatin, dl-alpha tocopherol, aqueous film coating.

Other Ingredients in Pink Oval Tablet: Dicalcium phosphate, microcrystalline cellulose, stearic acid vege grade, magnesium stearate vege grade, silicon dioxide, croscarmellose sodium, aqueous film coating.

Other Ingredients in White Speckled Oval Tablet: Stearic acid vege grade, croscarmellose sodium, magnesium stearate vege grade, maltodextrin, acacia, rice flour, aqueous film coating.

Other Ingredients in Light Yellow Oval Tablet: Dicalcium phosphate, lactose, stearic acid vege grade, microcrystalline cellulose, magnesium stearate vege grade, croscarmellose sodium, silicone dioxide, povidone, maltodextrin, medium chain triglycerides, modified cornstarch, natural flavors, ascorbic acid (as antioxidant,) citric acid (as antioxidant,) aqueous film coating.

Contains soy and milk.

Directions: As a dietary supplement for adults, 1 packet daily or as directed by a health professional. Take with or after a meal.

If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

* 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.

PACKAGE IS NOT CHILD RESISTANT

Discover the Bronson Difference™

Bronson Laboratories
Lindon, UT 84042
Made in USA

For Information Call
1-800-235-3200
REF 0512

WARNING: Accidental overdose of Iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

Store at room temperature.
Protect from light.
Keep out of reach of children.