

AST

SPORTS SCIENCE

Complete Formula

High in Antioxidants

Maximizing B-Vitamins

MULTI-PRO 32X

100
TABLETS

HIGH-PERFORMANCE
THE SERIOUS ATHLETE'S MULTI-VITAMIN
MULTI-MINERAL[†] DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 100

	Amount per serving:	% Daily Value
Vitamin A (as Beta Carotene & Retinyl Acetate)	3000 mcg	333%
Vitamin C (Ascorbic Acid)	200 mg	222%
Vitamin D3 (Cholecalciferol) (400 IU)	10 mcg	50%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	27 mg	180%
Vitamin K1 (Phytonadione)	75 mcg	63%
Thiamin (as Thiamin HCl)	30 mg	2500%
Riboflavin	30 mg	2308%
Niacin (as Niacinamide)	30 mg	188%
Vitamin B6 (as Pyridoxine HCl)	30 mg	1765%
Folate (as 400 mcg Folic Acid)	680 mcg DFE	170%
Vitamin B12 (as Cyanocobalamin)	30 mcg	1250%
Biotin	300 mcg	1000%
Pantothenic Acid (as Calcium Pantothenate)	30 mg	600%
Calcium (as Dicalcium Phosphate)	75 mg	6%
Iron (as Ferrous Fumarate)	6 mg	33%
Phosphorus (from Dicalcium Phosphate Dihydrate)	45 mg	4%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Amino Acid Chelate)	30 mg	273%
Selenium (as Selenium Amino Acid Chelate)	75 mcg	136%
Copper (as Copper Amino Acid Chelate)	2 mg	222%
Manganese (as Manganese Sulfate)	10 mg	435%
Chromium (as Chromium Amino Acid Chelate)	100 mcg	286%
Molybdenum (as Molybdenum Amino Acid Chelate)	80 mcg	178%
Chloride (from Potassium Chloride)	36 mg	2%
Potassium (as Potassium Chloride)	40 mg	<1%
Silicon (as Silicon Dioxide)	30 mg	*
Boron (as Boron Amino Acid Chelate)	150 mcg	*
Nickel (as Nickel Amino Acid Chelate)	25 mcg	*
Vanadium (as Vanadium Amino Acid Chelate)	10 mcg	*

* % Daily value not established.

Other ingredients: Silicon Dioxide, Stearic Acid, Croscarmellose Sodium, Microcrystalline Cellulose, Magnesium Stearate, Hydroxypropyl Cellulose, Titanium Dioxide, Polyethylene Glycol, Hypromellose.

Directions: Take one tablet twice daily - AM/PM - with food.

Storage: Store this product in a cool dry place below 30°C (86°F).

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.

[†] This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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Warning: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

