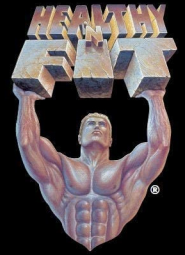

SUPER NUTRI™

MEGA POTENCY
MULTI-VITAMIN AND MINERAL PACKS

*26 VITAMINS & MINERALS *AMINO ACIDS
*FAT METABOLIZING NUTRIENTS
*ELECTROLYTES *ANTIOXIDANTS * MORE

This product is formulated for athletes and bodybuilders to provide a nutritional foundation for optimal health

Advanced Dietary Supplement

30 PACKETS (420 TABLETS AND SOFTGELS)

The quality and potency of this product has been tested and assayed

Super Nutri Packs™

Mega Potency Packs
30 Packets

This Product is specially formulated to meet the nutritional needs of Athletes and Bodybuilders. In order to perform and look your very best you need to be at optimal health. Healthy 'N Fit's® Super Nutri Packs™ contain high potency vitamins, minerals and other nutrients to nutritionally support optimal health.

Important Note:
Even with a very well balanced and healthy diet, athletes and bodybuilders who desire higher potencies of vitamins and minerals may not be able to attain these potencies from food alone. For over 30 years, Healthy 'N Fit's Super Nutri Packs have provided Athletes and Bodybuilders the high potencies they desire to replenish their bodies with these nutrients and help them maintain optimal health.

Supplement Facts

Serving Size: 1 Pack
Servings Per Box: 30

Amount per serving:		% Daily Value
Calories	10	
Protein	3g	6%
VITAMINS A&D		
One Capsule (Small Softgel)		
Vitamin A (From Fish Liver Oil)	10,000 I.U.	200%
Vitamin D (From Fish Liver Oil)	400 I.U.	100%
VITAMIN C		
Two Timed-Release Vitamin C (Beige Oblong Tablets) with selected Rose Hips		
Vitamin C (Ascorbic Acid)	3,000mg	5,000%
100% NATURAL VITAMIN E		
Two 100% natural Vitamin E Capsules (Large Size Softgel) with mixed tocopherols		
Vitamin E (as d-Alpha Tocopherol plus d-Beta, d-Gamma and d-Delta Tocopherol)	800 I.U.	2,667%
B COMPLEX VITAMINS		
Two Timed-Release Vitamin B Complex (Yellow Tablets) contain:		
Thiamin (as hydrochloride) (Vitamin B-1)	200mg	13,333%
Riboflavin (Vitamin B-2)	200mg	11,765%
Niacin (as Niacinamide) (Vitamin B-3)	200mg	1000%
Vitamin B-6 (as Pyridoxine Hydrochloride)	200mg	10,000%
Folic Acid	400mcg	100%
Vitamin B-12 (as Cyanocobalamin)	200mcg	3333%
Biotin	200mcg	67%
Pantothenic Acid	200mg	2000%
Para Amino Benzoic Acid (PABA)	200mg	**
AMINO ACID CHELATED MINERALS		
Three Amino Acid Chelated Mineral Tablets. All minerals are in the form of Amino Acid Chelate (Speckled Off-White Oblong Tablets)		
Calcium (as Carbonate and A.A. Chelate)	1,000mg	100%
Magnesium (as Oxide and A.A. Chelate)	500mg	125%
Phosphorus	100mg	10%
Potassium	99mg	3%
Manganese	4mg	200%
Iron	30mg	167%
Zinc	30mg	200%
Copper	1mg	50%
Iodine	225mcg	150%
Chromium	200mcg	167%
Selenium	25mcg	36%
Betaine Hydrochloride	25mg	**
FAT METABOLIZING NUTRIENTS (ENZYMES FOR FAT COMBINED WITH B COMPLEX TABS)		
Choline (as Bitartrate)	200mg	**
Inositol	200mg	**
SPANISH BEE POLLEN (Two Round Yellowish Tablets) Contains:		
100% Pure Bee Pollen	1,000mg	**
AMINO ACIDS (Two Off-White Tablets) Contain: PEPTIDE BOND AMINO ACID L-Configuration in correct proportion to promote anabolic activity. These Amino Acids are an enzymatic digest of Whey and Egg Albumen - two of the highest quality and most effective Amino Acid sources known.		
L-Alanine	198.6mg	**
L-Arginine	144.6mg	**
L-Aspartic Acid	328.2mg	**
L-Cystine	49.4mg	**
L-Glutamic Acid	525.9mg	**
L-Glycine	315.3mg	**
*L-Histidine	46.2mg	**
*L-Isoleucine	163.4mg	**
*L-Leucine	332.5mg	**
*L-Lysine	246.0mg	**
*L-Methionine	55.6mg	**
*L-Phenylalanine	106.4mg	**
L-Proline	268.2mg	**
L-Serine	179.8mg	**
*L-Threonine	165.3mg	**
*L-Tryptophan-natural	34.3mg	**
L-Tyrosine	79.6mg	**
*L-Valine	161.4mg	**

Percent Daily Values based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
** No % Daily Value has been established
* Essential Amino Acids
+ Branched Chain Amino Acids

Other Ingredients (may contain any of the following): Microcrystalline Cellulose, Grain Sorbitol, Starch, Stearic Acid, Stearoyl-2-Lactylate, Rice Hulls, Hydroxypropyl Methylcellulose, Silicon Dioxide, Sodium Ascorbate, Calcium Sulfate, Glycerine, Water, Pharmaceutical Glaze, Carnauba Wax, Hydroxypropyl Methylcellulose.

CONTAINS: MILK (Whey Peptides and Amino Acids), EGG (Egg Peptides and Amino Acids), FISH (Fish Liver Oil) and SOY.

Suggested Use: As a dietary supplement, take 1 packet daily with a liquid, preferably with meals. If you desire, you may separate all the items of which there are more than one into 2 servings, one serving in the morning and one serving later in the day. It is always recommended to discuss any dietary supplements you take with your doctor or health care provider, especially if you are pregnant, nursing, taking any medications or have any health conditions. It is not recommended to take more than one pack per day. Store in a cool dry place at room temperature, away from excessive heat or direct sunlight. Do not refrigerate.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately. This product is intended for adults over the age of 18.

Free from added sugar, starch, salt, artificial colors, flavors, or preservatives.

This is a natural product and the appearances may vary. Spots or discoloration may develop on the tablets because they are in close proximity. This is normal and does not necessarily reflect on the quality, age, or potency of the tablets. The quality of this product has been tested and assayed.

IMPORTANT: Some other "high-potency" packs on the market are only 1/2 of the potency listed. They state in small print that each 2 packs supply the potency listed. Healthy 'N Fit® Super Nutri Pack lists the potency for each one packet and only one packet is required per day.

* 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.

MADE EXCLUSIVELY IN THE U.S.A.
HEALTHY 'N FIT® INTERNATIONAL, INC.
CROTON-ON-HUDSON, NEW YORK 10520 USA DIST
800-338-5200 • 914-271-6040 • FAX 914-271-6042

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Super Nutri Packs™

Mega Potency Packs
30 Packets

Each packet contains a total of 14 tablets and softgels:

1 x Vitamins A & D
(From natural fish liver oil)
2 x Vitamin E
(Natural E complex)
2 x Vitamin C
2 x Vitamin B-Complex
2 x Amino Acids
2 x Spanish Bee Pollen
3 x Chelated Minerals

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