TOTAL HUMAN™ DAY PACK

Suggested Use: Adults, as a dietary supplement, take one day packet in the morning or early afternoon, preferably with a light meal. Consult a medical doctor before taking this or any other nutritional supplement if you have or suspect a medical condition, or are taking any medications. Do not use if you are pregnant or nursing. Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 7 or 30

StrongBONE™

Serving Size 1 Capsule	Amount Per Serving	%DV
Vitamin E (as D-alpha-Tocopherol)	22 mg (33.3 IU)	150%
Vitamin K2 (as Menatetrenone)	30 mcg	25%
Copper (as Copper Bisglycinate Chelate [TRAACS®])	667 mcg	70%
Manganese (as Manganese Bisglycinate Chelate [TRAACS®])	667 mcg	30%
Potassium (as Citrate)	28 mg	1%
Strontium	228 mcg	*
Black Pepper (fruit) Extract (BioPerine®)	1.67 mg	*
Boron (as Citrate)	83 mcg	*

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Rice Concentrate, Nu-Mag® (Rice Extract, Rice Hulls, Gum Arabic, and Sunflower Oil)

Alpha BRAIN®

Serving Size 1 Capsule	Amount Per Serving	%DV
Vitamin B6 (as Pyridoxine HCl)	5 mg	250%
Onnit Flow Blend™	526 mg	*
L-Tyrosine, L-Theanine, Oat (whole) Extract, Phosphatidylserine		
Cat's Claw (bark) Extract	175 mg	*
Onnit Focus Blend™	133 mg	*
L-Alpha Glycerylphosphorylcholine (GPC), Bacopa (aerial parts) Extract, Huperzia serrata (aerial parts) Extract		
Onnit Fuel Blend™	30 mg	*
L-Leucine, Pterostilbene		

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Maltodextrin, Dicalcium Phosphate, Rice Concentrate

Krill Oil

Serving Size 1 Softgel	Amount Per Serving	%DV
Krill Oil	500 mg	*
Phospholipids	225 mg	*
Omega-3 Fatty Acids	120 mg	*
Eicosapentaenoic Acid (EPA)	50 mg	*
Docosahexaenoic Acid (DHA)	30 mg	*
Astaxanthin	190 mcg	*

Other Ingredients: Gelatin, Ethyl Vanillin, Glycerin, Water

Total Human B Complex™

Serving Size 1 Capsule	Amount Per Serving	%DV
Thiamine (Vit. B1) (from Thiamine HCl)	1.5 mg	130%
Riboflavin (Vit. B2) (from Riboflavin-5-phosphate sodium)	1.7 mg	130%
Folate (as Calcium L-5-Methyltetrahydrofolate [L-MTHF])	400 mcg DFE	100%
Biotin (as D-Biotin)	300 mcg	1000%
Pantothenic Acid (Vit. B5) (from d-Calcium pantothenate)	10 mg	200%
Vitamin B7 Derivative (from Bambusimine)	150 mg	*

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Microcrystalline Cellulose, Nu-Mag® (Rice Extract, Rice Hulls, Gum Arabic, and Sunflower Oil), Silica

Shroom TECH™ Sport

Serving Size 1 Capsule	Amount Per Serving	%DV
Vitamin B12 (as Methylcobalamin)	187 mcg	7,790%
Chromium (from Chromium Picolinate)	50 mcg	143%
Onnit Performance Blend™	232 mg	*
Cordyceps (whole) Extract, Cordyceps (whole), Ashwagandha (root) Extract, Green Tea (leaf) Extract, Rhodiola (root) Extract, Astragalus (root) Extract		

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Rice Concentrate, Dicalcium Phosphate, Dextrin, Mineralized Red Algae (whole) (Lithothamnion Sp.) (Aquamin® F), Maltodextrin

Spirulina & Chlorella

Serving Size 2 Capsules	Amount Per Serving	%DV
Organic Spirulina (whole) (Arthrospira platensis)	530 mg	*
Organic Chlorella (whole, broken cell wall)	590 mg	*

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Rice Concentrate, Rice Bran

Shroom TECH™ Immune

Serving Size 1 Capsule	Amount Per Serving	%DV
Onnit Myco-Immune Blend™	600 mg	*
Organic Chaga (whole) (Inonotus obliquus), Astragalus (root) Extract, Organic Agaricus blazei (whole), Organic Cordyceps (whole), Organic Coriolus versicolor (whole), Organic Reishi (whole), Organic Maitake (whole), Organic Shiitake (whole)		
Onnit Nutri-Immune Blend™	202 mg	*
Turmeric (root) Extract, Ginger (root) Extract, Oregano (leaf) Extract, Lemon (peel) Extract, Black Pepper (fruit) Extract (BioPerine®)		

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Maltodextrin, Rice Concentrate

*Daily Value (DV) Not Established.
CONTAINS SHELLFISH (Krill)

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†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.

TOTAL HUMAN™ NIGHT PACK

Suggested Use: As a dietary supplement, take 1 packet in the evening prior to sleep, preferably with a light meal or snack. Consult a medical doctor before taking this or any other dietary supplement if you are pregnant, nursing, have or suspect a medical condition or are taking any medications. Store in a cool, dry place.
KEEP OUT OF REACH OF CHILDREN.

Supplement Facts

Serving Size 1 Packet
Servings Per Container 7 or 30

New MOOD™

Serving Size 1 Capsule	Amount Per Serving	%DV
Vitamin D (as D3 Cholecalciferol)	12.5 mcg (500 IU)	60%
Niacin (as Inositol Hexanicotinate)	15 mg NE	90%
Vitamin B6 (as Pyridoxine HCl)	10mg	590%
Magnesium (as Magnesium Bisglycinate Chelate [TRAACS®])	20mg	6%
Onnit Tranquility Blend™	220mg	*
Valerian (root) Extract, Chamomile (flower) Extract, Lemon Balm (aerial parts) Extract, Jujube (seed) Extract		
L-Tryptophan	200mg	*
5-Hydroxytryptophan (5-HTP)	70mg	*

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Maltodextrin, Rice Concentrate

VinaTech®

Serving Size 1 Capsule	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid)	200mg	238%
Zinc (as Zinc Bisglycinate Chelate) (TRAACS®)	9mg	90%
Selenium (as Selenium Glycinate Complex) (Albion®)	75mcg	140%
Onnit Vitality Blend™	485mg	*
L-Lysine, Quercetin Dihydrate, Alpha Lipoic Acid		

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Rice Concentrate, Mineralized Red Algae (whole) (Lithothamnion Sp.) (Aquamin® F), Maltodextrin

Shroom TECH™ Immune

Serving Size 1 Capsule	Amount Per Serving	%DV
Onnit Myco-Immune Blend™	600 mg	*
Organic Chaga (whole) (Inonotus obliquus), Astragalus (root) Extract, Organic Agaricus blazei (whole), Organic Cordyceps (whole), Organic Coriolus versicolor (whole), Organic Reishi (whole), Organic Maitake (whole), Organic Shiitake (whole)		
Onnit Nutri-Immune Blend™	202 mg	*
Turmeric (root) Extract, Ginger (root) Extract, Oregano (leaf) Extract, Lemon (peel) Extract, Black Pepper (fruit) Extract (BioPerine®)		

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Maltodextrin, Rice Concentrate

Key Minerals™

Serving Size 2 Capsules	Amount Per Serving	%DV
Calcium (as Dicalcium Malate [CitrusCal®]) and Calcium Bisglycinate Chelate [TRAACS®])	200mg	20%
Iodine (from Organic Kelp (algae and fronds))	25mcg	15%
Magnesium (as Dimagnesium Malate and Magnesium Bisglycinate Chelate [TRAACS®])	125mg	30%
Molybdenum (as Molybdenum Glycinate Chelate [TRAACS®])	150mcg	330%
Boron (as Bioorganic Glycine (Albion®))	2 mg	*

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Rice Bran, Rice Concentrate, Microcrystalline Cellulose, Mineralized Red Algae (Lithothamnion sp.) (Aquamin® F), Maltodextrin

Spirulina & Chlorella

Serving Size 2 Capsules	Amount Per Serving	%DV
Organic Spirulina (whole) (Arthrospira platensis)	530 mg	*
Organic Chlorella (whole, broken cell wall)	590 mg	*

Other Ingredients: Vegetarian Capsule (Hydroxypropyl Methylcellulose, Water), Rice Concentrate, Rice Bran

Krill Oil

Serving Size 1 Softgel	Amount Per Serving	%DV
Krill Oil	500 mg	*
Phospholipids	225 mg	*
Omega-3 Fatty Acids	120 mg	*
Eicosapentaenoic Acid (EPA)	50 mg	*
Docosahexaenoic Acid (DHA)	30 mg	*
Astaxanthin	190 mcg	*

Other Ingredients: Gelatin, Ethyl Vanillin, Glycerin, Water

*Daily Value (DV) Not Established.
CONTAINS FISH (Cod, Herring) **SHELLFISH** (Krill, Lobster, Shrimp) [The organic kelp in Key Minerals is a naturally sourced material which may contain fish and shellfish]

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