

HEALTHY 'N FIT



**PROVEN
BENEFITS**

VIA HUNDREDS OF
CLINICAL STUDIES

AMERICA'S
#1 BRAND
TECHNOLOGY
AND PURITY

SUPER-NUTRI™

**MEGA POTENCY
NUTRITIONAL SYSTEM**

Vitamins, Minerals, Amino Acids, Antioxidants

- The Strongest Nutritional Foundation Supporting Lean Body Mass and the Performance of Proteins & Other Supplements
- Supports Recovery and Anabolic Activity via Amino Acids, EAAs, and BCAAs.
- Supports Energy, Performance, and Fat Metabolism
- Supports Healthy, Well-Being, Longevity, Joint Health, and the Immune System

**30 Daily Packets - A Complete One Month Supply
(360 Tablets and Softgels)**

Advanced Professional Athlete Dietary Supplement

Supplement Facts

Serving Size: 1 Pack (12 pills)

Servings Per Box: 30

Amount Per Serving	% Daily Value*
Calories 10	
Protein 3 g	6%
VITAMINS A&D One Capsule (Small Softgel)	
Vitamin A (From Fish Liver Oil) 3,000 mcg (10,000 IU)	333%
Vitamin D (From Fish Liver Oil) 10 mcg (400 IU)	50%
VITAMIN C (Beige Oblong Tablets)	
Timed-Release Vitamin C with selected Rose Hips	
Vitamin C (Ascorbic Acid) 2000 mg	2,222%
100% NATURAL VITAMIN E (Large Size Softgels)	
with mixed tocopherols	
Vitamin E (as d-Alpha Tocopherol plus d-Beta, d-Gamma and d-Delta Tocopherols) 536mg (800 IU)	3,574%
B COMPLEX VITAMINS (Yellow Tablets)	
Timed-Release Vitamin B-Complex contains:	
Thiamin (as hydrochloride) [Vitamin B-1] 200 mg	16,666%
Riboflavin [Vitamin B-2] 200 mg	15,384%
Niacin (as Nicotinamide) [Vitamin B-3] 200 mg	1,250%
Vitamin B-6 (as Pyridoxine Hydrochloride) 200 mg	11,764%
Folic Acid 666 mcg DFE (400 mcg Folic Acid) 166%	
Vitamin B-12 (as Cyanocobalamin) 200 mcg	4,333%
Biotin 200 mcg	666%
Pantothenic Acid 200 mg	4,000%
Pan Amino Benzoic Acid (PABA) 200 mg	↑

AMINO ACID CHELATED MINERALS

(Spaced Off-White Oblong Tablets)

Three Amino Acid Chelated Mineral Tablets. All minerals are in the form of Amino Acid Chelate

Calcium (as Carbonate and A.A. Chelate)	1000 mg	77%
Magnesium (as Oxide and A.A. Chelate)	500 mg	119%
Phosphorus	100 mg	8%
Potassium	99 mg	2%
Manganese	40 mg	1,739%
Zinc	18 mg	100%
Copper	30 mg	272%
Iodine	1 mg	111%
Chromium	225 mcg	150%
Selenium	200 mcg	571%
Selenate Hydrochloride	25 mcg	45%

FAT METABOLIZING NUTRIENTS

ENERGETICALLY COMBINED WITH B COMPLEX TABS

Choline (as Bitartrate)	200 mg	36%
Inositol	200 mg	↑



Healthy 'N Fit International, Inc.
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Amount Per Serving % Daily Value*

AMINO ACIDS

(Two Off-White Tablets) Contain: PEPTIDE BOND AMINO ACIDS
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.

Essential Amino Acids	
L-Histidine	48.2 mg
L-Isoleucine**	163.4 mg
L-Leucine**	332.5 mg
L-Lysine	246.0 mg
L-Methionine	55.8 mg
L-Phenylalanine	106.4 mg
L-Threonine	183.3 mg
L-Tryptophan-natural	34.3 mg
L-Valine**	161.4 mg
Non-Essential Amino Acids	
L-Alanine	198.9 mg
L-Arginine	144.8 mg
L-Aspartic Acid	328.2 mg
L-Cysteine	49.4 mg
L-Glutamic Acid	523.9 mg
L-Glutamine	315.3 mg
L-Proline	268.2 mg
L-Serine	179.8 mg
L-Tyrosine	79.6 mg

**Branched-Chain Amino Acids

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. † Daily Value not established.

OTHER INGREDIENTS (may contain any of the following):

Microcrystalline Cellulose, Dicalcium Phosphate, Gelatin, Soybean oil, Silica, Rose Hips, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Calcium Sulfate, Glycerine, Water, Pharmaceutical Grade Carnauba Wax, Hydroxypropyl Methylcellulose.

CONTAINS: MILK, EGGS, FISH (Anchovy, Sardine, Mackerel) and SOY.

Suggested Use: As a dietary supplement, take 1 packet daily with a meal preferably with meals. If you desire, you may separate all the pills at once. There are more than one (one) 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 death in children. In case of accidental overdose, call a doctor or poison control center immediately. The product is intended for adults over the age of 18. This is a dietary product and the appearance may vary from one lot to the next. This is a natural product and the appearance may vary from one lot to the next. Spots or discoloration may develop in the tablets because they are in close proximity. This is normal and does not necessarily reflect on the quality, purity, or potency of the tablets. The quality of the product has been tested and approved.

IMPORTANT: Some other "high potency" products on the market are only 1/2 of the potency listed. They claim to be 100% but are only 50% as potent. The potency listed, Healthy 'N Fit, has been tested and approved. Only one packet and only one packet is required per day.

Free from added sugar, starch, salt, artificial sweeteners, and preservatives.

* 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.

