

HEALTHY N FIT NUTRITIONALS

**PROVEN
BENEFITS**

VIA HUNDREDS OF
CLINICAL STUDIES

AMERICA'S
#1 BRAND
TECHNOLOGY
AND PURITY

NUTRI-PACK™

**HIGH POTENCY
NUTRITIONAL SYSTEM**

Vitamins, Minerals, Omega-3s, Antioxidants

- Supports Health, Well-Being, Longevity, and The Immune System
- Supports Heart, Bone, and Joint Health
- Supports Energy and Fat Metabolism
- Supports Fitness and an Active Lifestyle

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

Advanced Health and Active Lifestyle Dietary Supplement

Supplement Facts

Serving Size: 1 Pack (8 pills)

Servings Per Box: 30

Amount Per Serving

Calories 10

Calories from Fat 10

Total Fat 1 g

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 Tablet)

Timed-Release Vitamin C with selected Rose Hips

Vitamin C (Ascorbic Acid) 1000 mg 1,111%

100% NATURAL VITAMIN E (Large Size Softgel)

with mixed tocopherols

Vitamin E (as d-Alpha Tocopherol plus d-Beta, d-Gamma and d-Delta Tocopherols) 268mg (400 IU) 1,787%

B COMPLEX VITAMINS (Yellow Tablet)

Timed-Release Vitamin B-Complex contains:

Thiamin (as hydrochloride) [Vitamin B-1] 100 mg 8,333%

Riboflavin [Vitamin B-2] 100 mg 7,692%

Niacin (as Nicotinamide) [Vitamin B-3] 100 mg 625%

Vitamin B-6 (as Pyridoxine Hydrochloride) 100 mg 5,882%

Folic Acid 333 mcg DFE (200 mcg Folic Acid) 83%

Vitamin B-12 (as Cyanocobalamin) 100 mcg 4,166%

Biotin 100 mcg 333%

Pantothenic Acid 100 mg 2,000%

Para Amino Benzoic Acid (PABA) 100 mg †

AMINO ACID CHELATED MINERALS

(Speckled 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%

Iron 18 mg 100%

Zinc 30 mg 272%

Copper 1 mg 111%

Iodine 225 mcg 150%

Chromium 200 mcg 571%

Selenium 25 mcg 45%

Betaine Hydrochloride 25 mg †

FAT METABOLIZING NUTRIENTS

SYNERGISTICALLY COMBINED WITH B COMPLEX TABS

Choline (as Bitartrate) 100 mg 18%

Inositol 100 mg †

OMEGA-3 FISH OIL (Largest Size Softgel)

Fish Oil

EPA (Eicosapentaenoic Acid) 1,000 mg †

DHA (Docosahexaenoic Acid) 180 mg †

120 mg †

† 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: Microcrystalline Cellulose, Dicalcium Phosphate, Gelatin, Soybean Oil, Silica, Rose Hips, Magnesium Stearate, Calcium Sulfate, Glycerine, Water, Pharmaceutical Glaze, Carnauba Wax, Hydroxypropyl Methylcellulose.

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

NUTRI-PACK™ supports Fitness and an Active Lifestyle via a strong foundation of Extended-Release Vitamins, Essential Chelated Minerals, Antioxidants, Omega-3 Amino Acid Chelated Minerals, and other nutrients - all in a handy and convenient packet. An optimum potency foundation that promotes a healthier body and mind, while also providing an important foundation for other supplements to be utilized effectively.

Suggested Use: As a dietary supplement, take 1 packet daily with a liquid, preferably with meals. If you desire, you may separate the three mineral tablets into 2 servings, taking two tablets in the morning and one 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.

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 Nutri-Pack™ lists the potency for each one packet and only one packet is required per day. Free from added sugar, starch, salt, artificial colors, flavors, or 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.

MADE IN THE
USA
From domestic and imported ingredients

Healthy N Fit® International, Inc.
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