DIRECTIONS FOR USE: To assist with athletic performance\* take one (1) or more capsules with eight (8) ounces of liquid one hour prior to exercise according to the following chart. Take one (1) to two (2) capsules

Exercise Duration	Body Weight (Pounds)		
	100-160	161-195	195+
30 min. to 1 hour	1 capsule	1 to 2	1 to 2
1 hour to 2 hours	1 to 2	2	2
2+ hours	2 to 3	3	3 to 4

WARNINGS: KEEP OUT OF REACH OF CHILDREN. If you are pregnant or lactating, are diabetic, are hypoglycemic, or have a known medical condition, you should consult with a physician prior to taking supplements. GUARANTEE: No added sugar, wheat, yeast, or dairy products. No preservatives, artificial colors,

or flavors Do not use if safety seal is broken or missing.

## ( QUALITY GUARANTEE)

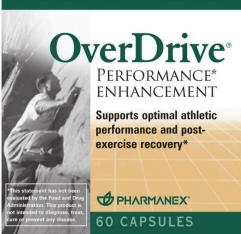
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Batch No:

Exp:

## DIETARY SUPPLEMENT



## **Supplement Facts**

Amount Per Capsule % D		
Vitamin A (as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin E (as p-Alpha Tocopheryl Succinate)	75 IU	250%
Thiamin (as Thiamine Mononitrate)	0.75 mg	50%
Riboflavin (as Riboflavin)	0.85 mg	50%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride)	1 mg	50%
Folate (as Folic Acid)	100 mcg	25%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	3 mcg	50%
Pantothenic Acid (as p-Calcium Pantothenate)	5 mg	50%
Magnesium (as Magnesium Aspartate, Magnesium Oxide)	60 mg	15%
Selenium (as L-Selenomethionine)	35 mcg	50%
Chromium (as Chromium Nicotinate Glycinate)	100 mog	83%
Pineapple Extract	50 mg	
Papaya Extract	50 mg	
Citrus Bioflavonoid Complex	50 mg	
Real Salt® Powder**	50 mg	
n-Acetyl-L-Cysteine	20 mg	
Quercetin	12.5 mg	
Grape Seed Extract	2.5 mg	

Other Ingredients: Gelatin, Magnesium Stearate, Croscarmellose Silicon Dioxide.

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