

DIRECTIONS: Take one pack daily with a meal or as directed by your health professional.

Supplement Facts

Serving Size: One Packet
Servings Per Container: 30

Amount Per Packet		% Daily Value
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate)	100 mg	167%
Vitamin D3 (as cholecalciferol)	2400 IU	600%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (as thiamin HCl)	10 mg	667%
Riboflavin	10 mg	588%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%
Biotin	30 mcg	10%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	200%

Amount Per Packet		% Daily Value
Calcium (from dibasic calcium phosphate, ascorbate, pantothenate)	100 mg	10%
Phosphorus (from dibasic calcium phosphate)	68 mg	7%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (magnesium amino acid chelate, oxide, citrate, malate)	300 mg	75%
Zinc (from zinc oxide, gluconate)	15 mg	100%
Selenium (from L-selenomethionine)	25 mcg	36%
Copper (from copper gluconate)	1 mg	50%
Manganese (from manganous gluconate)	1 mg	50%
Chromium (from chromium chloride)	25 mcg	21%
Molybdenum (from sodium molybdate)	5 mcg	7%
Lemon Bioflavonoid Complex	10 mg	*
Malic Acid	20 mg	*
Concentrated Fish Oil [from Anchovies (Engraulis ringens), Sardines (Sardinops sagax), and/or Mackerel (Trachurus symmetricus)]	2400 mg	*
EPA (eicosapentanoic acid)	720 mg	*
DHA (docosahexaenoic acid)	480 mg	*

*Daily Value not established.

Other Ingredients: Multi Vitamin: Cellulose, modified cellulose gum, stearic acid (vegetable source), calcium stearate (vegetable source), silica, and glycerin. Clinical Omega 3: Capsule (gelatin), glycerin, purified water, orange oil, mixed tocopherols. Mega D: Rice bran oil, gelatin, glycerin, purified water. Clinical Magnesium: Vegetarian capsule (cellulose), silicon dioxide, magnesium stearate (vegetable source).

**STORE IN COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

3622E

CONTAINS: FISH



Manufactured by Anabolic Laboratories, LLC
1835 E Cheyenne Road Colorado Springs, CO 80905



A healthy diet promotes wellness via three primary mechanisms:

1. producing cellular energy
2. reducing free radicals/oxidants that damage cells
3. reducing inflammation

In addition to healthy eating, four essential nutritional supplements have been identified that support a healthy diet. A **multivitamin/mineral** provides a spectrum of nutrients that are often inadequately consumed. **Omega-3 fatty acids** have long been known for their anti-inflammatory and health-promoting functions.† **Vitamin D** is now viewed as one of the most important nutrients for controlling gene expression, inflammation, and immune function.† **Magnesium** is involved with over 300 biochemical functions and is especially important for the digestive, musculoskeletal, and nervous systems.†

†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.

ESSENTIAL NUTRITIONPACK

Dietary Supplement

One Month Supply of:

- Multi Vitamins
- Omega 3 Fatty Acids
- Vitamin D Softgels
- Magnesium Caps



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**30 SUPER SEALED POUCHES
FOR GUARANTEED FRESHNESS**

ESSENTIAL NUTRITIONPACK

Four Essential Supplements
In 30 On-The-Go Packs



Multi Vitamin



EPA/DHA
from Fish Oil



Vitamin D3
Softgels



Magnesium
Caps



**30 SUPER SEALED
POUCHES
FOR GUARANTEED
FRESHNESS**