

AST
SPORTS SCIENCE

IMPROVED
FORMULA

MULTI-PRO 32X™

100
TABLETS

HIGH PERFORMANCE[†]
THE SERIOUS ATHLETE'S MULTI-VITAMIN
MULTI-MINERAL[†] DIETARY SUPPLEMENT

Supplement Facts

Serving Size: **1 Tablet** Servings Per Container: **100**

	Amount per serving	% Daily Value
Vitamin A (as Beta Carotene & Retinyl Acetate)	10,000 IU	200%
Vitamin C (Ascorbic Acid)	200 mg	333%
Vitamin D3 (Cholecalciferol)	400 IU	100%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	60 IU	200%
Vitamin K1 (as Phytonadione)	75 mcg	94%
Vitamin B1 (as Thiamine Hydrochloride)	30 mg	2000%
Vitamin B2 (as Riboflavin)	30 mg	1765%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B6 (as Pyridoxine HCL)	30 mg	1500%
Folic Acid (Vitamin B9)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	30 mcg	500%
D-Biotin (Vitamin B7)	300 mcg	100%
Vitamin B5 (as Calcium D-Pantothenate)	30 mg	300%
Calcium (as Dicalcium Phosphate Dihydrate)	75 mg	8%
Iron (as Ferrous Fumarate)	6 mg	33%
Phosphorus (from Dicalcium Phosphate Dihydrate)	45 mg	5%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Amino Acid Chelate)	30 mg	200%
Selenium (as Selenium Amino Acid Chelate)	75 mcg	107%
Copper (as Copper Amino Acid Chelate)	2 mg	100%
Manganese (as Manganese Sulfate)	10 mg	500%
Chromium (as Chromium Amino Acid Chelate)	100 mcg	83%
Molybdenum (as Molybdenum Amino Acid Chelate)	80 mcg	107%
Chloride (from Potassium Chloride)	36 mg	1%
Potassium (as Potassium Chloride)	40 mg	1%
Silicon (as Silicon Dioxide)	30 mg	*
Boron (as Boron Amino Acid Chelate)	150 mcg	*
Nickel (as Nickel Amino Acid Chelate)	25 mcg	*
Vanadium (as Vanadium Amino Acid Chelate)	10 mcg	*

* % Daily value not established.

Other ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Stearic Acid, Hydroxypropyl Cellulose, Croscarmellose Sodium, Magnesium Stearate, Titanium Dioxide, Polyethylene Glycol, Cellulose, Food Glaze, Hydroxypropyl Methylcellulose and Micro Wax.

Directions: Take one tablet twice daily - AM/PM

Storage: Store this product in a cool dry place below 30°C (86°F).

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

[†] This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm.

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