

# AST

SPORTS SCIENCE

IMPROVED  
FORMULA

# MULTI-PRO 32X™

200  
TABLETS

HIGH PERFORMANCE†

THE SERIOUS ATHLETE'S MULTI-VITAMIN  
MULTI-MINERAL† DIETARY SUPPLEMENT

## Multi-Pro 32X

Athletes are a different breed. You put far greater demand on your body than the average multi-vitamin can handle. **Multi-Pro 32X** is specifically designed for the serious athlete with serious demands. †

### Higher Potency - Higher Performance

For your body to perform at its maximum potential, you must supply it a vast and complex array of vital nutrients. Deficiency in just one of these essential vitamins or minerals disrupts the critical metabolic pathways that are needed for muscle growth, fat loss, physical energy, and mental function and focus. †

**Multi-Pro 32X** delivers you the nutrients you need at the potency your body demands. †

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

**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.

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

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Supplement Facts

Serving Size: 1 Tablet Servings Per Container: 200

	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.

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