Omega-3 Fish Oil

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value†
Calories	10	
Total Fat	1 g	1%
Vitamin E (as d-alpha tocopheryl acetate)	14 mg	93%
Fish Oil Concentrate providing:	1100 mg	*
EPA (Eicosapentaenoic Acid)	600 mg	
DHA(Docosahexaenoic Acid)	240 mg	

† Percent Daily Values are based on a 2,000 calorie diet.
* Daily Value not established.

Other ingredients: Gelatin, glycerin, water.

Green Tea Extract

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Green Tea Extract (*Camellia sinensis*)(leaf) std. to 75% Polyphenols (187.5 mg)	250 mg	*
30% EGCG (75 mg)		
Green Tea Powder (*Camellia sinensis*)(leaf)	220 mg	*

* Daily Value not established.

Other ingredients: Gelatin, rice flour.

L-Carnitine

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
L-Carnitine (as L-carnitine tartrate)	500 mg	*

* Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silicon dioxide, dicalcium phosphate, titanium dioxide.

L-Arginine

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
L-Arginine (as arginine base)	500 mg	*

* Daily Value not established.

Other ingredients: Rice flour, gelatin, magnesium stearate.

L-Glutamine

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
L-Glutamine	500 mg	*

* Daily Value not established.

Other ingredients: Gelatin, microcrystalline cellulose, magnesium stearate, titanium dioxide.

Vitamin D3

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin D3 (as cholecalciferol)	25 mcg	125%

Other ingredients: Safflower oil, gelatin, glycerin, purified water.

Contains: Fish (anchovy, sardine) and Soy.

Does not Contain: Wheat, Gluten, Salt, Dairy, Artificial Colors or Flavors.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▼ **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.**

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Tri-Scorb™ is a trademark of Vitamin Shoppe Industries, Inc.

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

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

CONTENTS MAY VARY SLIGHTLY IN COLOR AND SIZE.
THIS DOES NOT REFLECT A VARIATION IN POTENCY.

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women ACTIVE

Designed to bring you the benefits of the most advanced nutritional science in a convenient once-daily dose. Each personal pack includes a precise combination of high-quality tablets, capsules and softgels designed to provide you with a wide spectrum of supplements including vitamins and minerals, powerful antioxidants, targeted herbs and essential fatty acids.

MULTIVITAMINS
provide broad- spectrum support for your healthy, active lifestyle. They help fill in gaps in nutrition and support total-body wellness. Provides a full daily serving or more of many essential vitamins and minerals.▼

GREEN TEA EXTRACT
to promote a healthy metabolism and provide antioxidant support.▼

L-ARGININE
500 mg to support Nitric Oxide production.▼

OMEGA-3 FISH OIL
provides high-levels of EPA (600 mg) and DHA (240 mg) to promote brain, eye and cardiovascular health.▼

L-CARNITINE
500 mg to promote fat metabolism and cardiovascular health.▼

L-GLUTAMINE
500 mg to support post workout recovery.▼

VITAMIN D3
25 mcg to support bone and immune health.▼

mytrition®

women ACTIVE

personal packs™

DESIGNED SPECIFICALLY FOR YOU

dietary supplement

30 DAY SUPPLY

DIRECTIONS: Take one Personal Pack daily in between meals.

Women's High-Potency Multivitamin

Supplement Facts

Serving Size 2 Tablets

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene and Vitamin A retinyl acetate)	1225 mcg	125%
Vitamin C (as Active C® (as Tri-Scorb™ Proprietary Blend (as calcium ascorbate, magnesium ascorbate and zinc ascorbate))	200 mg	222%
Vitamin D (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopherol succinate)	25 mg	167%
Vitamin K (as phytonadione)	80 mcg	67%
Thiamine (Vitamin B1) (as thiamine mononitrate)	80 mg	6667%
Riboflavin (Vitamin B2)	80 mg	6154%
Niacin (as niacinamide)	35 mg	219%
Vitamin B6 (as pyridoxine HCl)	80 mg	4706%
Folate	1333 mcg DFE (800 mcg folic acid)	333%
Vitamin B12 (as cyanocobalamin)	50 mcg	2083%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	1600%
Calcium (as calcium carbonate, (Active C®, dicalcium phosphate)	500 mg	38%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and Active C®)	250 mg	60%
Zinc (as zinc oxide and Active C®)	25 mg	227%
Selenium (as amino acid chelate)	200 mcg	364%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese sulfate)	2 mg	87%
Chromium (as amino acid chelate)	120 mcg	343%
Molybdenum (as amino acid chelate)	75 mcg	167%
Choline (as choline bitartrate)	10 mg	2%

	Amount Per Serving	% Daily Value
Fruit & Veggie Blend (Citrus Bioflavonoids, Carrot Powder, Papaya Powder (fruit), Orange Powder (fruit), Pineapple Powder (fruit), Spinach Powder, Elderberry Powder (fruit), Bilberry Powder (fruit), Black Currant Powder (seed), Cauliflower Powder, Kale Powder, Brussels Sprout Powder, Broccoli Powder, Apple Powder (fruit), Kiwi Powder (fruit)	105 mg	*
Alpha Lipoic Acid	50 mg	*
Green Tea Extract (*Camellia sinensis*)(leaf) std to 95% Polyphenols (47.5 mg) and 40% EGCG (20 mg)	50 mg	*
Cranberry Concentrate	25 mg	*
Grape Seed Extract (*Vitis vinifera*)(seed) std to 95% Proanthocyanidins (23.75 mg)	25 mg	*
Pomegranate Extract (*Punica granatum*)(fruit) std to 40% Ellagic Acid (10 mg)	25 mg	*
Inositol	10 mg	*
Black Pepper Extract (*Piper nigrum*)(fruit)	5 mg	*
Silica (as silicon dioxide)	4 mg	*
Boron (as amino acid chelate)	2 mg	*
Lutein	1 mg	*
Lycopene	1 mg	*
Vanadium (as vanadyl sulfate)	1 mg	*
Astaxanthin	50 mcg	*
Zeaxanthin	50 mcg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, magnesium stearate, carnauba wax, pharmaceutical glaze, natural vanilla, glycerin.

empowered. energized. exceptional.

personal packs™

ACTUAL SIZE