

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 1100 mg providing:
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) 30% EGCG (75 mg)	250 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	500 mg	*

* Daily Value not established.

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

L-Arginine

Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Vitamin B6 (as pyridoxine HCl)	10 mg	586%
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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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.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094 Visit www.vitaminshoppe.com or call 1-800-223-1216 for more information and to reorder.



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.



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-Scan™ 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 phytyl nadone)	80 mcg	67%
Thiamine (Vitamin B1 (as thiamine monohydrate))	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 total 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)	500 mg	38%
(Active C®, dicalcium phosphate)		
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	67%
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	100 mg	*
Citrus Bioflavonoids, Carrot Powder, Papaya Powder (fruit), Orange Powder (fruit), Pineapple Powder (fruit), Sprinch 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)		
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	*
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)	10 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	*
Asiaticin	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.

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