

OTHER INGREDIENTS IN YELLOW ROUND TABLET: Cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, titanium dioxide, quercetin dehydrate, FD&C #10, FD&C #40, talc, triacetin, carnauba wax .

OTHER INGREDIENTS IN PINK OVAL TABLET: Microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, titanium dioxide, FD&C Yellow #10, FD&C Red #40, carnauba wax, triacetin.

OTHER INGREDIENTS IN WHITE SPECKLED OVAL TABLET: Dicalcium phosphate, cellulose, stearic acid, sodium starch glycolate, croscarmellose sodium, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, triacetin, carnauba wax.

OTHER INGREDIENTS IN LIGHT-YELLOW OVAL TABLET: Cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose, triacetin, carnauba wax.

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.

* 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.

Contains soy and dairy.
Store at room temperature.
Protect from light.
Keep out of reach of children.

PACKAGE IS NOT CHILD RESISTANT

Bronson Laboratories
London, UT 84042
Made in USA

For Customer Information
Call 1-800-235-3200
REF 0510



No. 144N

Nutritional Packets for Active Men

FOR THE PHYSICALLY ACTIVE MAN*

Dietary Supplement
60 Packets - 60 Day Supply

Supplement Facts

Serving Size 1 Yellow Round Tablet (per 1 packet)

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin D (as cholecalciferol)	100 IU	25%
Thiamin (as thiamin mononitrate)	20 mg	1333%
Riboflavin	15 mg	882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	200 mcg	50%
Vitamin B-12 (as cyanocobalamin)	25 mcg	417%
Biotin	100 mcg	33%
Pantothenic acid (as calcium d-pantothenate)	30 mg	300%
Zinc (as zinc picolinate)	15 mg	100%
Selenium (as selenium proteinate)	25 mcg	36%
Copper (as copper amino acid chelate)	1 mg	50%
Manganese (as manganese amino acid chelate)	5 mg	250%
Chromium (as chromium amino acid chelate)	25 mcg	21%
Molybdenum (as molybdenum amino acid chelate)	25 mcg	33%
Potassium (as potassium chloride)	50 mg	1%

SUGGESTED USE: As a dietary supplement for adults, 1 packet daily or as directed by a health professional. Take with or after a meal.

Supplement Facts

Serving Size 2 Light Yellow Oval Tablets (per 1 packet)

Amount Per Serving		% Daily Value
Cysteine (as L-Cysteine HCl)	40 mg	†
Amino Acid Blend (from milk protein)	750 mg	†
Providing:	Free Form (L-):	
Isoleucine**	36 mg	†
Leucine**	68 mg	†
Lysine**	55 mg	†
Methionine**	13 mg	†
Phenylalanine**	20 mg	†
Threonine**	34 mg	†
Tryptophan**	9 mg	†
Valine**	35 mg	†
Alanine	28 mg	†
Arginine	17 mg	†
Aspartic Acid	66 mg	†
Cystine	13 mg	†
Glutamic Acid	105 mg	†
Glycine	11 mg	†
Histidine	11 mg	†
Hydroxyproline	1 mg	†
Proline	47 mg	†
Serine	36 mg	†
Tyrosine	9 mg	†

† Daily Value not established. ** Essential Amino Acid.

Supplement Facts

Serving Size 2 White Speckled Oval Tablets (per 1 packet)

Amount Per Serving		% Daily Value
Calcium (as dicalcium phosphate)	400 mg	40%
Iron (as ferrous fumarate)	4 mg	22%
Magnesium (as magnesium oxide)	400 mg	100%
Selenium (as selenium proteinate)	25 mcg	36%
Copper (as copper amino acid chelate)	1 mg	50%
Manganese (as manganese amino acid chelate)	3 mg	150%
Chromium (as chromium amino acid chelate)	25 mcg	21%
Molybdenum (as molybdenum amino acid chelate)	25 mcg	33%
Potassium (as potassium citrate)	98 mg	3%

Supplement Facts

Serving Size 1 Pink Oval Tablet (per 1 packet)

Amount Per Serving		% Daily Value
Vitamin A (as vitamin A palmitate and 50% as beta carotene)	10000 IU	200%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin E (as dl-alpha tocopheryl acetate)	300 IU	1000%