



Recommended Adult Use: Take one packet with 8 fl. oz. of water or juice two times daily with meals.

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: IF YOU ARE PREGNANT, NURSING, TAKING MEDICATIONS, HAVE A HEALTH CONDITION OR ARE PLANNING A MEDICAL PROCEDURE, CONSULT YOUR HEALTH PROFESSIONAL BEFORE USE. DISCONTINUE USE AND CONSULT A DOCTOR IF ANY ADVERSE REACTION OCCURS. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. US.198018.25.004

Manufactured for Mannatech, Incorporated 600 S. Royal Lane Suite 200, Coppell, TX 75019 USA

**Product Number 19801**  
**US Patent No. 7,157,431**  
**and No. 7,202,220**

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts		
SERVING SIZE 1 PACKET		
	AMOUNT PER PACKET	% DAILY VALUE*
Calories	20	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Protein	2 g	
Vitamin A (as mixed carotenoids from <i>Blakeslea trispora</i> fungus)	2500 IU	50%
Vitamin C (from acerola fruit extract and ascorbic acid)	55 mg	92%
Vitamin D (as plant source ergocalciferol)	200 IU	50%
Vitamin E (as mixed tocopherols)	33 IU	110%
Thiamin (from baker's yeast)	0.75 mg	50%
Riboflavin (from baker's yeast)	0.8 mg	47%
Niacin (from baker's yeast)	8 mg	40%
Vitamin B <sub>6</sub> (from baker's yeast)	1 mg	50%
Folic Acid (from baker's yeast)	260 mcg	65%
Vitamin B <sub>12</sub> (from baker's yeast)	3 mcg	50%
Biotin (from baker's yeast)	75 mcg	25%
Pantothenic Acid (from baker's yeast)	3 mg	30%
Calcium	255 mg	26%
Iron	3 mg	17%
Iodine (from mustard sprout)	75 mcg	50%
Magnesium	7 mg	2%
Zinc (from mustard sprout)	7 mg	47%
Selenium (from mustard sprout)	80 mcg	114%
Copper (from mustard sprout)	0.8 mg	40%
Manganese (from mustard sprout)	1.2 mg	60%
Chromium (from mustard sprout)	120 mcg	100%
Molybdenum (from mustard sprout)	40 mcg	53%
Sodium	15 mg	1%
<b>Ambrotose® Complex</b>	<b>336 mg</b>	
Gum Arabic†, Xanthan Gum†, Gum Tragacanth†, Ghatti Gum†, Aloe Vera (inner leaf gel powder)†, Arabinoxylactan (from <i>Larix spp.</i> wood)†		
<b>Wild Yam Extract</b>	<b>400 mg</b>	†
<b>L-Glutamic Acid</b>	<b>400 mg</b>	†
<b>Glycine</b>	<b>400 mg</b>	†
<b>L-Lysine (as L-Lysine HCl)</b>	<b>400 mg</b>	†
<b>L-Arginine (as L-Arginine HCl)</b>	<b>200 mg</b>	†
<b>MTech AD Blend®</b>	<b>113 mg</b>	
Quercetin Dihydrate†, Grape Skin Extract†, Green Tea Extract (leaf)†, Australian Bush Plum ( <i>Terminalia ferdinandiana</i> ) (fruit)†		
<b>Beta-Sitosterol (from plant sterols)</b>	<b>50 mg</b>	†
<b>Rutin (from Japanese Sophora bud)</b>	<b>40 mg</b>	†
<b>Boron (from mustard sprout and boron amino acid chelate)</b>	<b>2.4 mg</b>	†
<b>Vanadium (from mustard sprout)</b>	<b>40 mcg</b>	†
<b>Optimal Support Phyto-Blend</b>	<b>124 mg</b>	
Broccoli Concentrate (sprout)†, Cranberry Juice Concentrate (fruit)†, Grape Skin Extract †, Broccoli (flower/stalk)†, Brussels Sprout (aerial part)†, Cabbage (leaf)†, Carrot (root)†, Cauliflower (flower/stalk)†, Garlic (bulb)†, Kale (leaf)†, Onion (bulb)†, Tomato (fruit)†, Turnip (root)†, Papaya (fruit)†, Pineapple Juice Powder (fruit)†		

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.  
Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, mustard sprout, red algae, hydroxypropyl methylcellulose, croscarmellose sodium, stearic acid, silicon dioxide, citric acid, magnesium stearate, dextrin, calcium carbonate, magnesium hydroxide, dextrose monohydrate, soy lecithin, sodium carboxymethylcellulose, medium chain triglycerides, xylitol. **CONTAINS SOY. Gluten-Free.**



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