

SUPER FITNESS PACKS

Priority #1 : This is an extraordinarily potent multi-vitamin and mineral complex formulated for competitive athletes and hardcore fitness enthusiasts

The **Super Fitness Pack** is a potent “no holds barred” formula specifically developed as a complete vitamin and mineral package for athletes and serious “hard core” fitness enthusiasts. This is an extraordinarily potent product. While the ingredients list is extensive, it’s important to note this is a “balanced” formulation. As John Logsdon used to point out, anyone can throw a “bunch of things in the pot.” The real craft in formulating such a product is in making it all work together, synergistically. And, then finding a way to maximize the body’s uptake of the formula.

Beyond the extensive vitamin and mineral content, the Super Fitness Pack also provides a complete profile of “balanced” amino acids including the three Branched Chain Amino Acids and Glutamine. Add to that the proprietary digestive enzyme complex containing amylase, protease, lipase and eight other special ingredients to maximize digestion and absorption.

The Super Fitness Pack also contains a super-premium, performance blend of concentrated herbal extracts and free radical scavenging antioxidants — important for all athletes.

It’s no wonder that the Super Fitness Pack is one of our “Best Sellers” among competitive athletes and serious fitness enthusiasts. By definition, these are people training six days a week and typically two or more hours per day as well as participating in their particular athletic competition. These also are people who maintain a well designed and disciplined nutrition plan.

Dosage: Typical dosage is one pack per day after a large breakfast or mid-morning snack.

In-season athletes: In season athletes may choose to take two packs per day. One after breakfast and another after mid-afternoon snack. Athletes and fitness enthusiasts should consult with trainers, coaches, physicians.

Caution: This product is formulated for adults and is not intended for children or teens.

SPECIFICATIONS:

Type:	Daily Multi-Vitamin Mineral
Quantity:	30 Packets
Dosage:	1 daily – 2 daily during intense training
Servings:	30
Benefits:	Numerous physiological benefits including digestion, immune system support, increased muscle recovery, increased oxygenation and circulatory support

Packet Breakdown:

One (1)	Reddish brown soft gel	Beta Carotene 25 M
One (1)	Large amber soft gel	Lecithin 19 grain
One (1)	Amber soft gel	Vitamin E-400 IU
One (1)	Yellow Tablet	Balanced B-50
Three (3)	Light Gray Tablets	Organic Mineral Complex
One (1)	Large Off-White Tablet	Amino Acid 1,500
One (1)	Off White with Specs Tablet	Vitamin C 1,000
One (1)	Light Gray Tablet	Quantazyme

“In-season” athletes often complement this product with the following:

- BCAA
- Endurance Plus
- Super Creatine
- Whey Protein
- Glucosamine
- Super Antioxidant

DAILY / FOUNDATION

INGREDIENTS—SUPER FITNESS PACKS

Vitamin A (as beta carotene)	25,000 IU
Vitamin C (as ascorbic acid)	1,000 mg
Vitamin D (as cholecalciferol)	400 IU
Vitamin E (as d-alpha tocopheryl)	400 IU
Vitamin B1 (as thiamin mononitrate)	50 mg
Vitamin B2 (as riboflavin)	50 mg
Niacin (as niacinamide)	50 mg
Vitamin B6 (as pyridoxine HCl)	50 mg
Folate (as folic acid)	400 mcg
Vitamin B12 (as cyanocobalamin)	50 mcg
Biotin	50 mcg
Pantothenic Acid (as d-cal, pantothenate)	50 mg
Calcium (as cal carbonate, cal citrate, dicalcium phosphate)	400 mg
Iron (as amino acid chelate)	18 mg
Iodine (as Atlantic Kelp)	150 mcg
Magnesium (as citrate and amino acid chelate)	500 mg
Zinc (as amino acid chelate)	22.5 mg
Selenium (as amino acid chelate)	50 mcg
Copper (as amino acid chelate)	2.0 mg
Manganese (as amino acid chelate)	10 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium citrate)	99 mg
Vanadium (as vanadium citrate)	2 mcg
Silica (as horsetail herb)	10 mg

PABA (as para amino benzoic acid)	50 mg
Lecithin	1,200 mg
Choline (as choline bitartrate)	50 mg
Inositol	50 mg
Bioflavinoid Complex	150 mg
Lemon bioflavonoids, Rose Hips, Rutin and Hesperidin	
Glutamic Acid	125 mg
Betain HCl	125 mg
Citric Acid	25 mg
Fructooligosaccharides (vegetable)	50 mg
Acidophilus lactobacillus (live cultures)	50 million cfu
Special Digestive Enzyme Complex	284 mg
Papain (as papaya extract)	800,000 USP Units
Bromelain (as pineapple extract)	900,000 USP Units
Amaylase (as fungal analog)	12,500 USP Units
Protease (as fungal analog)	12,500 USP Units
Lipase (as fungal analog)	1,000 USP Units
Cellulase (Aspergillus niger)	200 C1-ase Units
Sucrase (Saccharomyces cerevaci)	20 FCC Units
Lactase (Aspergillus oryzae)	20 LAC Units
Diatase (Aspergillus oryzae)	50 SKB Units
Maltase (Saccharomyces cerevaci)	10 DP Units
Peptidase (Serratia sp. t-1)	250 USP Units

These statements have not been evaluated by the FDA. Always check with your physician before taking any nutritional supplement products or beginning an exercise program.

Amino Acid Complex—Typical Assay*

L-Alanine	45 mg
L-Arginine	25 mg
L-Aspartic Acid	107 mg
L-Cysteine	23 mg
L-Glutamic Acid	169 mg
L-Glycine	18 mg
L-Histadine	19 mg
L-Isoleucine	60 mg
L-Leucine	107 mg
L-Lysine	89 mg
L-Methionine	21 mg
L-Phenylalanine	31 mg
L-Proline	57 mg
L-Serine	49 mg
L-Threonine	64 mg
L-Tryptophan	12 mg
L-Tyrosine	29 mg
L-Valine	58 mg

* Derived from natural whey. Profile may vary from batch to batch

Synergistic Herbal Complex: Alfalfa Leaf, Rice Bran Parsley Leaf, Green Barley Leaf, Ginger Leaf, Peppermint Leaf, Watercress Leaf, Spirulina, Chlor-ella (broken cell) and Apple Pectin.