

Lee Haney's Nutritional Support Systems
DIETARY SUPPLEMENT
***FOOD BASED VITAMIN/MINERAL COMPLEX**

Formulated by:

Lee Haney's

Nutritional Support System

P.O. Box 142489

Fayetteville, Ga. 30214

For tips on training and diet, please visit our website at:

www.LeeHaney.com

90 Tablets

Supplement Facts

Serving Size 3 Tablets:

Amount Per Serving		%Daily Value
Vitamin A (as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	1,000 mg	1667%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha toco. Acetate)	400 IU	1333%
Vitamin K	100 mcg	125%
Vitamin B-1 (as thiamine mononitrate)	50 mg	3333%
Vitamin B-2 (as riboflavin)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hcl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium panto.)	50 mg	500%
Calcium (as citrate)	500 mg	50%
Phosphorus (di-calcium phosphate)	50 mg	5%
Iodine (from kelp)	150 mcg	100%
Magnesium (as oxide/citrate)	250 mg	63%
Zinc (as gluconate/amino acid chelate)	15 mg	100%
Selenium (as amino acid chelate)	200 mcg	286%
Copper (as gluconate)	1 mg	50%

Manganese (as amino acid chelate)	5 mg	250%
Chromium (as picolinate)	200 mcg	167%
Molybdenum (as sodium molybdate)	100 mcg	133%
Potassium (as gluconate)	50 mg	1%
Chloride (as sodium chloride)	100 mg	3%
Vegetable Complex	250 mg	*
(from broccoli, celery, parsley, cauliflower, carrots, spinach, Yams, collard greens, kale & Brussels sprouts)		
Fruit Complex	250 mg	*
(from oranges, lemons, tangerines, grapefruits and limes)		
Spirulina	250 mg	*
Citrus Bioflavonoids	75 mg	
Acidophilus	25 mg	*
Soy Isoflavones	25 mg	*
Mushroom Complex	30 mg	*
(from Shitake, Reishi and Maitake)		
para-Aminobenzoic acid	50 mg	*
Hesperidin (from citrus)	25 mg	*
Rutin	25 mg	*
Quercetin	5 mg	*
RNA / DNA Complex	10 mg	*
Choline (as bitartrate)	50 mg	*
Inositol (as hexonicotinate)	50 mg	*
Boron (as amino acid chelate)	3 mg	*
Lutein	1 mg	*
CoEnzyme Q10	10 mg	*
Grape Seed Extract	25 mg	*
Pine Bark Extract	25 mg	*
Green Tea Extract	25 mg	*
Barley Grass	30 mg	*
Panax Ginseng (herb powder)	30 mg	*
Siberian Ginseng (herb powder)	30 mg	*
Flax Seed	25 mg	*
Oat Bran (herb powder)	25 mg	*
Digestive Enzyme Complex	110 mg	*
Proprietary Blend	205 mg	*
(Betaine Hcl, Papain, Bromelain, Cellulase, Trypsin, Lipase, Amylase)		

Ginkgo Biloba (powder) 30 mg., Bilberry (powder) 30 mg., Gotu Kola (powder) 30 mg., Lecithin 25 mg., Yellow Dock (powder) 30 mg., Garlic (powder) 30 mg. and Licorice Root (powder) 30 mg.

*%Daily Value not established.

Other ingredients: Magnesium stearate, stearic acid, and microcrystalline cellulose.

SUGGESTED USE: As a dietary supplement, take one (1) tablet 3 times daily with meals.

CAUTION: If you have a known medical condition including diabetes and have questions about the advisability of taking this product, please consult your physician prior to use.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF OUTER SEAL IS DAMAGED OR MISSING.

*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.