



Ava puhi moni®  
**Anti-Dandruff  
 Shampoo**

the "true ava puhi"

250 ml e (8.4 fl. oz.)

**Drug Facts**

Active Ingredients	Purpose
Zinc Pyrithione 1%	Anti-dandruff

**Use:** Controls the symptoms of dandruff.

**Warning:** For external use only ■ **Keep out of the reach of children.** If swallowed, get medical help or contact a Poison Control Center right away. ■ **Avoid contact with eyes.** If contact occurs, rinse eyes thoroughly with water. ■ **If condition worsens or does not improve** after regular use of the product as directed, consult a doctor.

**Directions:** ■ Wet hair, lather thoroughly ■ Leave in 1–2 minutes and rinse well ■ For best results, use daily or at least twice a week (or as directed by a doctor).

**Inactive Ingredients:** Water (Aqua), Ammonium Lauryl Sulfate, Ammonium Laureth Sulfate, Acrylates/Aminoacrylates/C10-30 Alkyl PEG-20 Itaconate Copolymer, Cocamide MEA, Cocamide MIPA, Dimethicone, Zingiber Zerumbet Juice, Clematis Vitalba Leaf Extract, Mahonia Aquifolium Root Extract, Salvia Officinalis (Sage) Leaf Extract, Urtica Dioica (Nettle) Extract, Panthenol, Butylene Glycol, Sodium Chloride, Citric Acid, Tetrasodium EDTA, Fragrance (Parfum), Methylchlorisothiazolinone, Methylisothiazolinone, Chlorophyllin-Copper Complex (CI 75810).

**Questions? 1-888-742-7626**

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GLACÉAU  
**vitaminwater**®

**formula 50**

50% daily dose

provides 50% of the many important vitamins you need every day (b vitamins, c, e + folic acid).

**formula 50**

grape

ingredients: vapor distilled/deionized water, crystalline fructose, natural flavor, citric acid, ascorbic acid (Vitamin C), vitamin E acetate, fruit and vegetable juice (color), magnesium lactate (electrolyte), calcium lactate (electrolyte), niacin (B3), monopotassium phosphate (electrolyte), pantothenic acid (B5), pyridoxine hydrochloride (B6), cyanocobalamin (B12), folic acid.

enjoy cold. drink better water.

the inside is natural, the outside is plastic.

ME 5¢ DEP • CA REDEMPTION VALUE



Nutrition Facts		
Serving Size 8 fl oz (240 mL)		
Servings Per Container 2.5		
Amount Per Serving		
<b>Calories 50</b>		
	% Daily Values*	
<b>Total Fat</b> 0g		0%
<b>Sodium</b> 0mg		0%
<b>Total Carbohydrate</b> 13g		4%
Sugar 13g		
<b>Protein</b> 0g		
	per serving	per bottle
Vitamin C	20%	50%
Vitamin E	20%	50%
Vitamin B3	20%	50%
Vitamin B6	20%	50%
Folic Acid	20%	50%
Vitamin B12	20%	50%
Vitamin B5	20%	50%

\*Percent Daily Values are based on a 2,000 calorie diet, contains less than 1% juice  
 not a significant source of calories from saturated fat, cholesterol, dietary fiber, vitamin A, calcium or iron

## IRON PACK

### Supplement Facts

Serving Size: 1 Pack  
Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	21	
Total Fat	1 g	2%
Protein	2 g	4%
Vitamin A (as Mixed Carotenoids)	6250 IU	125%
Vitamin C (as Ascorbic Acid)	282 mg	470%
Vitamin E Blend (as dl Alpha Tocopherol Acetate, Mixed Tocopherols Including Gamma, Delta, Beta Tocopherols)	50 IU	167%
Vitamin K2	100 mcg	125%
Vitamin B1 (as Thiamine Hydrochloride)	19 mg	1,267%
Vitamin B2 (as Riboflavin)	19 mg	1,118%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	19 mg	965%
Folate (as Folic Acid)	1,000 mcg	250%
Vitamin B12 (as Methylcobalamin)	1,000 mcg	16,667%
Biotin	10 mcg	3%
Vitamin B5 (as Calcium D-Pantothenate)	37 mg	370%
Calcium (as Calcium Lactate Gluconate)	111 mg	11%
Magnesium (as Magnesium Citrate)	58 mg	15%
Zinc (as Zinc Piccolinate)	6.4 mg	43%
Selenium (as Selenomethionine)	65 mcg	93%
Copper (as Copper Gluconate)	140 mcg	7%
Manganese (as Manganese Citrate)	600 mcg	30%
Chromium (as Chromium Polynicotinate)	10 mcg	8%
Molybdenum (as Sodium Molybdate)	10 mcg	13%
Potassium (as Potassium Chloride)	38 mg	1%
Boron (as Boron Citrate)	450 mcg	**

<b>Alpha Male Performance Blend</b>	1,425 mg	**
D-Aspartic Acid, BCAA Nitrate, Carnosyn® Beta Alanine, L-Glycine, N-Acetyl-L-Carnitine HCl.		
<b>Fish Oil</b>	1,000 mg	**
Fish Oil 70% Omega-3 Fatty Acids 1,000 mg Eicosapentaenoic Acid (EPA) 400 mg Docosahexaenoic Acid (DHA) 300 mg		
<b>Liver Tab Complex</b>	2,000 mg	**
100% Argentinian Beef Liver (4x concentrate)		
<b>Joint Performance Blend</b>	1,000 mg	
Cissus Quadrangularis (Stem) Extract, Collagen Complex (Type II Collagen)		
<b>Super Food Blend</b>	500 mg	**
Spirulina (Spirulina Platensis) Algae Powder, Mango (Mangifera Indica) Seed Extract, Barley Grass (Hordeum Vulgare) Powder, Broccoli (Brassica Oleracea) Powder, Apple (Malus Domestica) Fruit Extract, Kelp (Ascophyllum Nodosum) Powder, Chlorella (Chlorella Pyrenoidosa) Powder, Cranberry (Vaccinium Macrocarpon) Fruit Extract, Cherry (Prunus Serotina) Fruit Extract, Red Raspberry Leaf (Rubus idaeus) Powder, Strawberry (Fragaria Vesca) Fruit Powder, Blackberry (Rubus Fruiticosus) Fruit Powder, Blood Orange (Citrus Sinensis) Fruit Powder, Watermelon (Citrullus Lanatus Mansfeld) Powder, Red Currant (Ribes Rubrum) Fruit Powder, Pomegranate (Punica Granatum) Rind Extract.		
<b>Antioxidant Blend</b>	300 mg	**
Dimethylglycine HCl (DMG), Polygonum Cuspidatum Root Extract 20% Resveratrol, DigeSeb®, CoEnzyme Q10.		
<b>Cognitive Support</b>	170 mg	
Panax Ginseng 8% Ginsenosides, Ginkgo Biloba (Leaf), Cytidine Diphosphate-Choline, Vinpocetine.		

\*Percent Daily Value Based on a 2,000 Calorie Diet  
\*\*Daily Value Not Established

**Other Ingredients:** Gelatin, Magnesium Stearate, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Titanium Dioxide, Silica, Sodium Starch Glycolate, Dextrose, Water, Glycerol, Methacrylic Acid (Copolymer Dispersion), Triacetin, Natural Citrus Flavor, Desiccated Bovine Liver, Whey, Dicalcium Phosphate, Stearic Acid, Silica, Sodium Starch Glycolate, FD&C Blue #1 Aluminum Lake, FD&C Yellow #5 Lake, FD&C Yellow #6 Lake.



**Ingredients:** Whole Grain Oats, Sugar, Canola Oil, Yellow Corn Flour, Honey, Soy Flour, Brown Sugar Syrup, Salt, Soy Lecithin, Baking Soda, Natural Flavor.  
**CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.**

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MINNEAPOLIS, MN 55440 USA  
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Carbohydrate Choices: 2

### Nutrition Facts

Serving Size 2 bars (42g)  
Servings Per Container 6

Amount Per Serving	2 bars	1 bar
<b>Calories</b>	190	90
Calories from Fat	60	30
	<b>%DV*</b>	<b>%DV*</b>
<b>Total Fat</b>	6g <b>9%</b>	3g <b>5%</b>
Saturated Fat	0.5g <b>3%</b>	0g <b>0%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	160mg <b>7%</b>	80mg <b>3%</b>
<b>Total Carbohydrate</b>	29g <b>10%</b>	15g <b>5%</b>
Dietary Fiber	2g <b>8%</b>	1g <b>4%</b>
Sugars	12g	6g
<b>Protein</b>	4g	2g
<b>Iron</b>	4%	2%

Not a significant source of vitamin A, vitamin C and calcium.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g