

The **MDR** Advantage

MDR Fitness Tabs were developed by Medical Doctors based on the latest research. For superior results, nutrients are scientifically combined to enhance bioavailability. A leader in vitamin technology for over a decade, MDR was first to offer AM and PM dosages to double the body's chances for absorption. MDR Fitness Tabs provide a precise, scientific formula with the right amounts of the right nutrients for optimal health. Each nutrient in this formula is selected for the highest level of purity, potency and efficiency of nutrient yield.

Directions:

For best results, take one MDR AM (White) Fitness Tab after your first meal of the day and one MDR PM (Yellow) Fitness Tab after the next meal. If this is not possible, you may take the AM and PM Tabs together. This patented formula is also designed to be taken with aspirin, when indicated by your doctor. For an added *ENERGY BOOST*, also take one or two Stress Defense Tabs per day with breakfast or lunch.

KEEP OUT OF REACH OF CHILDREN

Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a Physician or Poison Control Center immediately.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Call Us Toll Free: **1 800 MDR TABS**
(637-8827)

or Visit Us Online at www.mdr.com

AM PM

Fitness Tabs® for Women

U.S. Patents: #5,976,568 & #5,948,443



Fitness Tabs® for Women Multi-Vitamin Formula

Stress Defense for Added Energy

Amount Per Serving		AM	PM	% Daily Value (AM/PM)	Stress Defense	% Daily Value (Stress)	% Daily Value (AM/PM+Stress)
Natural Carotenoid Complex	Vitamin A (from Fish Liver Oil, Retinyl Palmitate)	1500 IU	500 IU	80%	750 IU	45%	125%
	“ “ (as Beta-Carotene)	1250 IU	400 IU		1250 IU		
	“ “ (as Alpha-Carotene)	250 IU	100 IU		250 IU		
	Lutein (<i>FLORA-GLO</i> ™)***	400 mcg	100 mcg	*	200 mcg	*	*
	Lycopene (Lyc-O-Mato™)	400 mcg	100 mcg	*	200 mcg	*	*
	Zeaxanthin	20 mcg	5 mcg	*	10 mcg	*	*
	Vitamin C (as Ascorbic Acid, Calcium Ascorbate, and Ascorbyl Palmitate)	150 mg	100 mg	417%	300 mg	500%	917%
	Vitamin D3 (as Cholecalciferol)	300 IU	100 IU	100%	-	-	100%
	Vitamin E (as d-Alpha Tocopheryl Succinate with Beta, Delta and Gamma Tocopherols)	70 IU	30 IU	333%	15 IU	50%	383%
	Vitamin B1 (from Thiamine Hydrochloride)	4 mg	3 mg	467%	3.8 mg	253%	720%
	Vitamin B2 (as Riboflavin)	5 mg	2 mg	412%	6.3 mg	371%	783%
	Niacinamide	33 mg	7 mg	200%	20 mg	100%	300%
	Vitamin B6 (from Pyridoxine Hydrochloride)	6 mg	2 mg	400%	7.5 mg	375%	775%
	Folic Acid	300 mcg	100 mcg	100%	-	-	100%
	Vitamin B12 (from Cobalamin Concentrate)	12 mcg	6 mcg	300%	3 mcg	50%	350%
	Biotin	150 mcg	50 mcg	67%	150 mcg	50%	117%
	Pantothenic Acid (from Calcium D-Pantothenate)	15 mg	5 mg	200%	5 mg	50%	250%
	Calcium (from Calcium Carbonate and Calcium Ascorbate)	220 mg	345 mg	57%	225 mg	23%	80%
	Iron (from Ferrous Fumarate)	12 mg	3 mg	83%	-	-	83%
	Magnesium (from Magnesium Oxide)	100 mg	100 mg	50%	100 mg	25%	75%
	Zinc (from Zinc Sulfate & Zinc Gluconate)	5 mg	10 mg	100%	3.5 mg	23%	123%
	Selenium (from L-Selenomethionine)	60 mcg	60 mcg	171%	25 mcg	36%	207%
	Copper (from Copper Gluconate)	0.5 mg	0.5 mg	50%	0.25 mg	13%	63%
	Manganese (from Manganese Gluconate)	4 mg	1 mg	250%	-	-	250%
	Chromium (<i>CHROME-MATE</i> ™)**	80 mcg	20 mcg	83%	35 mcg	29%	112%
	Odorless Garlic	25 mg	25 mg	*	-	-	*

Fitness Tabs® Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Titanium Dioxide, Croscarmellose Sodium, Sodium Starch Glycolate, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol, Sodium Citrate Dihydrate, Vanillin, Polysorbate 80, Peppermint Oil, Chlorophyll. **Free Of:** Sugar, Artificial Color, Gluten, Yeast, Wheat, Corn, Soy, and Dairy Ingredients.

* Daily Value not established.

** U.S. Patents # 4,923,855, 4,954,492, and 5,194,615.

*** Patent # 5,382,714.

% U.S. RDA is established by the Food and Nutrition Board of the National Academy of Sciences- National Research Council.

Designed for the maintenance of good health and nutrition of females, 11 years of age or older. Pregnant and lactating women may need additional supplementation and should consult their physician. If you are under a doctor's care please consult your physician before any vitamin program.

MDR has Registered Dietitians available to customize programs to your special health needs.