

# AM/PM<sup>®</sup> Fitness Tabs<sup>®</sup>

Patented twice-a-day formula!

**FEEL THE ENERGY!**  
...EXPERIENCE THE HEALTH.

Now With  
**800 IU**  
Vitamin D



## Nutrients Included for Both Men & Women

**B1 (Thiamine)**—Helps assist in carbohydrate metabolism, blood formation, blood circulation, maintains heart & intestinal health. Essential to healthy brain & nerve cell function.

**B2 (Riboflavin)**—Primary role in processing amino acids & fats, converting carbohydrates into energy, forming healthy red blood cells.

**B3 (Niacinamide)**—Helps carbs release energy, helps process alcohol & regulate cholesterol levels, produces sex hormones, increases circulation.

**B5 (Pantothenic Acid)**—“Anti-stress” vitamin helps nerves, critical in energy conversion of proteins, fats & carbohydrates.

**B6 (Pyridoxine)**—Promotes healthy antibodies in the immune system, aids proper functioning of 60 enzymes, and is essential to protein metabolism.

**B7 (Biotin)**—For healthy, skin, hair and nails.

**B9 (Folic Acid)**—Works with B12 to create red blood cells. Helps support heart health & reduces the incidence of neural tube pregnancies.

**B12**—Assists in cell formation, proper digestion, absorption of food, metabolism of fats & carbs.

**Vitamin C**—Powerful antioxidant reported to help support immunity, and vital to collagen production.

**Vitamin D3**—Helps strengthen bones & teeth, stimulates absorption of Calcium, supports immunity, & heart health.

**Vitamin E**—Strong antioxidant. Supports heart health & immunity.

**Beta & Alpha-Carotene**—Antioxidants helpful for maintaining healthy skin, bones, good vision, robust immune system.

**Calcium**—Essential for healthy formation & maintenance of teeth & bones, muscle growth, transmission of nerve impulses, blood clotting & regular heartbeat.

**Chromium**—Helps maintain healthy levels of cholesterol & blood sugar.

**Copper**—Necessary for proper utilization of iron. Helps regulate heart beat, blood pressure, healing, and Antioxidant Enzyme S.O.D.

**Fish Liver Oil**—Beneficial for eyes, hair, teeth, immunity, heart, and brain.

**Iron**—Important mineral that carries oxygen from the lungs throughout the body.

**Lutein & Zeaxanthin**—Supports healthy vision and skin health.

**Lycopene**—Antioxidant properties. Helps support prostate cell health, cervix, breast & gastrointestinal tract health.

**Magnesium**—Crucial to body for over 300 important reactions from bone creation to energy production.

**Manganese**—Essential mineral for healthy nerves, cartilage, skin and blood sugar levels.

**Odorless Garlic**—Anti-viral, anti-fungal. Supports heart health.

**Selenium**—Works with Vitamin E to prevent free radical damage and supports prostate health.

**Zinc**—Works with many enzymes in the body which assist cell reproduction, vision, the immune system, fertility and natural healing.

## 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, MDR was first to offer AM and PM dosages to double the body's chances for absorption and effectiveness.

Each nutrient in this formula is selected for the highest level of purity, potency and efficiency of nutrient yield. It contains **NO VITAMIN K-1**, which means people on blood thinners or taking daily aspirin can enjoy the benefits of a multivitamin without worrying about it conflicting with their medication. Also, since Fitness Tabs are gluten-free, **it's ideal for people suffering from gluten intolerance**. Please see our new Fitness Tabs website at: [www.fitnessstabs.com](http://www.fitnessstabs.com) for more information.

## With MDR Fitness Tabs you get:

- ✓ Advanced Multivitamin, Antioxidant, Mineral blend.
- ✓ Highest quality sources like Lyc-O-Mato<sup>™</sup> Lycopene for prostate, heart and skin health, and FloraGlo<sup>®</sup> Lutein for vision support.
- ✓ No megadoses! Just the Right Amounts of the Right Nutrients at the Right Time<sup>®</sup> for optimal benefits.
- ✓ Doctor-formulated in Men's and Women's formulas to help fulfill gender-specific needs.
- ✓ Extra Calcium for women's bone health.
- ✓ Extra Selenium for men's prostate health.
- ✓ Newly updated formula with double the Vitamin D for greater immune and cardio support per U.S. government research.<sup>1</sup>

**Feel a dramatic difference  
in your energy levels!**

**AM/PM<sup>®</sup> Fitness Tabs<sup>®</sup>**

**2 Month Supply**  
120 Tablets  
only **\$29.95**

- ✓ **Men's Formula** Item #W2-310045
- ✓ **Women's Formula** Item #W2-310044

**1 800 637-8227**  
[www.mdr.com](http://www.mdr.com)

Reference: 1. U.S. National Institute of Health (NIH), Multi-vitamin/  
Multi-mineral Conference & Chronic Disease, Washington D.C. 2006