



BEACHBODY®

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## Supplement Facts

Serving Size: 1 Packet (6 capsules per packet)

Servings Per Container: 30 (30 packets)

	Amount Per One Packet	% Daily Value
Vitamin A (as acetate and beta carotene)	10,000 IU	200%
Vitamin C (as calcium ascorbate)	500 mg	833%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as natural d-alpha tocopheryl succinate)	300 IU	1,000%
Thiamin (as thiamine HCL)	75 mg	5,000%
Riboflavin	17 mg	1,000%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxal 5' phosphate)	20 mg	1,000%
Folic Acid	800 mcg	200%
Vitamin B12 (as methylcobalamin)	600 mcg	10,000%
Biotin	2 mg	667%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Calcium (as carbonate, ascorbate, citrate, pantothenate)	400 mg	40%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide, magnesium chelate)	400 mg	100%
Zinc (as zinc citrate)	20 mg	133%
Selenium (as selenomethionine)	140 mcg	200%
Copper (as copper citrate)	2.5 mg	125%
Manganese (as manganese citrate)	10 mg	500%
Chromium (as chromium polynicotinate)	240 mcg	200%
Molybdenum (as molybdenum aspartate)	75 mcg	100%
Boron (as boron citrate)	2 mg	**
Vanadium (as vanadium citrate)	40 mcg	**
Coenzyme Q10	10 mg	**
Tocotrienols	2 mg	**
N-Acetyl Cysteine	200 mg	**
Alpha Lipoic Acid	25 mg	**
Grape (Vitis vinifera) seed extract	25 mg	**
Green Tea (Camellia sinensis) leaf extract	25 mg	**
Lutein	2 mg	**
Bilberry (Vaccinium) extract (25% anthocyanidins)	10 mg	**
Milk Thistle (80% silymarin)	50 mg	**

CONTINUED ON BOTTOM PANEL ↓

PKG PEAKHEA P90X / SUP PEAKHEA 30

## Supplement Facts (Cont.)

Serving Size: 1 Packet (6 capsules per packet)

Servings Per Container: 30 (30 packets)

	Amount Per One Packet	% Daily Value
Soy Isoflavones (standardized to 40%)	10 mg	**
Ginkgo Biloba extract (24/6)	30 mg	**
Vinpocetine	5 mg	**
Beta Glucan (beta-1,3-glucan)	20 mg	**
Curcumin (95% curcuminoids)	100 mg	**
Quercetin	100 mg	**
Hesperidin	100 mg	**
Trace Mineral Complex (72 trace minerals)	100 mg	**
Arabinogalactan	20 mg	**
Enzyme Delivery System	10 mg	**

\*\*Daily Value (DV) not established

**OTHER INGREDIENTS:** Gelatin, microcrystalline cellulose, magnesium stearate, and silicon dioxide.

**SUGGESTED USE:** For best results, take one packet (6 capsules) with food once a day. As an alternative, take 3 capsules with breakfast and 3 with lunch or dinner.

PEAK HEALTH FORMULA



Extreme Nutrition Support for Men and Women

Multivitamin Supplement  
30 Packets • 180 Capsules • 30-Day Supply