

HPS PERFORMANCE PLUS PACK

Description

HPS PERFORMANCE PLUS PACK is a complete multivitamin and multimineral supplement.

Ingredients

Numerous studies have reported that both vitamins and minerals play an essential role in supporting optimal health. Both vitamins and minerals play many crucial roles in the body too numerous to list, most recognizably supporting bone health, immune health, and cardiovascular health, to name just an important few. Omega-3 fatty acids are also important for numerous roles through out the body, including providing support for cognitive and cardiovascular health. Not everyone is able to take these vitamins, minerals, or fatty acids in through their daily diets or are uncertain about the nutritional content of foods they are eating.

A study published in *JAMA* (Journal of the American Medical Association) found that some groups of people are at a higher risk for vitamin deficiencies and inadequate vitamin status, these deficiencies and sub-optimal levels may lead to poor health.

Typical American diets have omega-6 to omega-3 ratios as high as 20:1. Data suggests that lowering this ratio to 3:1 to 6:1 may have great potential benefits. Omega-3 fatty acids derived from fish oil (EPA and DHA) have numerous studies backing its use in cardiovascular health, mood disorders, inflammatory conditions, and maternal and infant care.

Carotenoids, such as lycopene, lutein, and zeaxanthin also play an important role in supporting eye health. These carotenoids are found in high concentrations in the eyes, and have proven their efficacy in numerous trials. Antioxidants, such as vitamins C, E, ginkgo biloba and lipoic acid, are also important in eye health and in quenching free radicals in the body from cell damage.

ORAC value is a measure of antioxidant value given to a food. Fruits and vegetables are typically high in ORAC value. Since many American diets do not include high amounts of fruits and vegetables, the addition of high ORAC value supplements may be warranted.

Dosage

SUGGESTED USE:As a dietary supplement, 2 packets per day taking one clear/clear packet in the AM and one clear/silver packet in the PM or as recommended by your health care professional.

Contraindications

May cause nausea when taken on an empty stomach. Patients on Warfarin/Coumadin should consult prescribing Physician before taking Vitamin K. If you are pregnant or nursing, consult your health care professional before taking this product.

Supplement Facts

Serving Size: 2 Packets Servings Per Container: 30		
2 packets contain	Amount Per Serving	% Daily Value
Vitamin A (as Betatene © Natural Mixed Carotenoids, Palmitate)	15,000 IU	300%
Vitamin C (as Ascorbic Acid USP)	1,000 mg	1667%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	400 IU	1333%
Vitamin K (as Phytonadione)	100 mcg	125%
Thiamine (B1 from Thiamine HCL USP)	50 mg	3333%
Riboflavin (Vitamin B2 USP)	50 mg	2941%
Niacin (as Niacin USP, Niacinamide USP)	50 mg	250%
Vitamin B6 (as Pyridoxine HCL USP)	75 mg	3750%
Folic Acid	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	950 mcg	15833%
Biotin	400 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate USP)	400 mg	4000%
Calcium (as Malate)	350 mg	35%
Iodine (from Kelp)	225 mcg	150%
Magnesium (as Buffered Amino Acid Chelate, Malate)	350 mg	88%
Zinc (as Chelazome © Amino Acid Chelate)	20 mg	133%
Selenium (as Amino Acid Complex)	200 mcg	286%
Copper (as Lysinate)	2 mg	100%
Manganese (as Chelazome © Amino Acid Chelate)	5 mg	250%
Chromium (as ChromeMate ©)	400 mcg	333%
Molybdenum (as Amino Acid Chelate)	50 mcg	67%
Potassium (as Citrate USP)	100 mg	3%
Proprietary Blend	3,650 mg	*
Food Blend	3,060 mg	*
Apple (organic)		*
Strawberry (organic)		*
Kiwi		*
Raspberry (organic)		*
Cherry (organic)		*
Blueberry (organic)		*
Blackberry (organic)		*
Lectithin (non-gmo)		*
Acacia (organic)		*
Greens Blend	320 mg	*
Spinulina		*
Wheat Grass Juice		*
Vegetable Anti-Oxidant Blend	270 mg	*
Broccoli		*
Broccoli Sprout		*
Tomato		*
Carrot		*
Spinach		*
Kale		*
Brussel Sprout		*
Onion		*
EPA	840 mg	*
DHA	600 mg	*
Total non alpha tocopherol forms	200 mg	*
gamma tocopherols	146 mg	*
delta tocopherols	33 mg	*
Green Tea Extract (Standardized to contain 60% Polyphenols and 40% EGCG)	150 mg	*
Broccoli Powder Extract	100 mg	*
Lipoic Acid	100 mg	*
Milk Thistle Seed Extract (Standardized to contain 80% Silymarin)	100 mg	*
N-Acetyl-L-Cysteine USP	100 mg	*
Red Wine Concentrate	75 mg	*
Turmeric Root Extract (Standardized to contain 95% Curcumin)	75 mg	*
Choline Bitartrate USP	50 mg	*
Inositol	50 mg	*
Rutin	50 mg	*
Ginkgo Biloba Leaf Extract (Standardized to contain 24% Ginkgo Flavonoglycosides and 6% Terpene Lactones)	40 mg	*
Lutein (Asteracea Family)	6 mg	*
Boron (as Proteinate)	3 mg	*
Lycopene	2 mg	*
Vanadyl Sulfate	2 mg	*

* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, Microcrystalline Cellulose, Hydroxypropyl Cellulose, Sodium Croscarmellose, Stearic Acid, PEG, Silicon Dioxide, Sodium Copper Chlorophyllin, Purified Marine Triglyceride Concentrate, Vitamin E Mixed Tocopherols, Gelatin, Calcium Silicate, Glycerin, and Purified Water.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.