

**Composition :****Each softgel capsule contains :**

MBP Complex™	950 mg	%RNI*
<i>Consisting of</i>		
ZMA Powder	450 mg	
Providing Magnesium	83.52 mg	36 %
Zinc	5.58 mg	87 %
Vitamin B6	1.935 mg	149 %
L-Carnitine L-Tartrate	146.80 mg	
Equivalent to L-Carnitine	100 mg	
Nicotinamide	20 mg	125 %
Selenium Methionine Complex	7 mg	
Providing Selenium	70 mcg	225 %
Vitamin B1	1.50 mg	125 %
Vitamin B2	1.70 mg	131 %
Biotin	150 mcg	

*Based on males 30-49 years old

Other ingredients : Soybean Oil, hydrogenated vegetable oil, lecithin, white wax, gelatin, glycerin, purified water, titanium dioxide, iron oxide black, ponceau 4R & brilliant blue.

Recommended Use : Take 2-3 capsules 15-20 minutes before bedtime.

Do not take with milk and antacid.

Contraindication : This product should not be taken by young children, pregnant or lactating women.

Storage : Store at temperatures not exceeding 25°C in a dry place, away from direct sunlight.

Packaging : 3 blisters of 10 capsules each packed in an aluminium pouch and presented in an outer cardboard carton.

Note :

Read the instructions thoroughly before use.

Please do not use the product after the expiry date.

Please do not use the product if there are any significant changes in appearance of the capsules.

Keep out of reach of children.

Manufactured under license from :

MEGA LIFESCIENCES (AUSTRALIA) PTY. LTD.

Victoria 3810, Australia

By : **MEGA LIFESCIENCES Public Company Limited**

384, Pattana 3 Road, Bangpoo Industrial Estate,

Samutprakarn 10280, Thailand

Imported & Distributed by :

METRO DRUG, INC.

Mañalac Avenue, Bagumbayan, Taguig City, Philippines

I-2008-M25-00-03