

Recommended Use: As a dietary supplement, mix 37 grams (one drink mix packet) of Tune Up Nutrient Support** in ten to twelve ounces of liquid and take one capsule packet twice per day, or as directed by your health care practitioner. Use a shaker bottle or blender, and shake or mix well. For best blending results, liquid should be at room temperature.

Single serving drink mix packet contains:

Tune Up Nutrient Support**

Supplement Facts

Serving Size 37 grams (one packet)

| Amount Per Serving | % Daily Value | Amount Per Serving | % Daily Value |
|---|-------------------|--|---------------|
| Calories | 110 | Sodium (from natural sources) | 150 mg 6% |
| Calories from Fat | 10 | Veggie/Fruit Proprietary Blend | 2.5 g † |
| Total Fat | 1 g 1%* | [spinach juice powder (<i>Spinacia oleracea</i>)(leaves), organic beet juice powder (<i>Beta vulgaris</i>)(root juice), organic carrot juice powder (<i>Daucus carota</i>)(root juice), organic pomegranate juice powder (<i>Punica granatum</i>)(fruit juice), organic grape juice powder (<i>Vitis labrusca</i>)(fruit juice)] | |
| Cholesterol | less than 5 mg 2% | Creaflibe cellulose | 1.5 g † |
| Total Carbohydrate | 6 g 2% | Glycine | 750 mg † |
| Sugars | 1 g † | Glucmannan | 500 mg † |
| Protein (from HydroBEEF™) | 18 g 36%* | L-Carnitine | 500 mg † |
| Vitamin A (as Mixed Carotenoids from Algae) | 2500 IU 50% | L-Threonine | 275 mg † |
| Vitamin C (as Sodium Ascorbate) | 250 mg 417% | L-Lysine | 275 mg † |
| Vitamin D (as Cholecalciferol) | 25 IU 6% | Calcium D-Glucarate | 150 mg † |
| Vitamin E (as d-alpha tocopherol) | 16 IU 56% | L-Cysteine | 125 mg † |
| Thiamin (Vitamin B-1)(as Thiamin HCl) | 1.5 mg 100% | High Gamma Mixed Tocopherols | 100 mg † |
| Riboflavin (Vitamin B-2)(as Riboflavin-5-Phosphate) | 1.5 mg 88% | (as d-gamma, d-delta, d-alpha, d-beta) | |
| Niacin (Vitamin B-3)(as Niacinamide) | 4 mg 20% | N-Acetyl-L-Cysteine | 75 mg † |
| Vitamin B-6 (as Pyridoxal-5-Phosphate) | 2 mg 100% | Choline Dihydrogen Citrate | 50 mg † |
| Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, 50 mcg glucosamine salt 100 mcg) | 15% | L-Methionine | 50 mg † |
| Vitamin B-12 (as Methylcobalamin) | 2 mcg 33% | Inositol | 50 mg † |
| Biotin (as d-Biotin) | 70 mcg 23% | Methylsulfonylmethane (MSM) | 50 mg † |
| Pantothenic Acid (as d-Calcium Pantothenate) | 12.5 mg 125% | Sodium Sulfate | 50 mg † |
| Calcium (as DimaCal® Dicalcium Malate and Calcium D-Glucarate) | 119 mg 12% | Green Tea Extract (<i>Camellia sinensis</i>)(leaves) | 50 mg † |
| Phosphorus (as Dipotassium Phosphate) | 100 mg 10% | [standardized to contain 98% polyphenols and 45% EGcg] | |
| Iodine (as Potassium Iodide) | 25 mcg 17% | L-Glutathione | 12.5 mg † |
| Magnesium (TRAACS® Magnesium Bisglycinate Chelate Buffered from Magnesium Bisglycinate Chelate and Magnesium Oxide) | 100 mg 25% | Vanadium | 25 mcg † |
| Zinc (as Zinc Bisglycinate Chelate) | 3.5 mg 23% | (TRAACS® Vanadium Nicotinate Glycinate Chelate) | |
| Selenium (as Selenomethionine) | 25 mcg 36% | | |
| Copper (TRAACS® Copper Bisglycinate Chelate) | 0.5 mg 25% | | |
| Manganese | 0.5 mg 25% | | |
| (TRAACS® Manganese Bisglycinate Chelate) | | | |
| Chromium | 25 mcg 20% | | |
| (TRAACS® Chromium Nicotinate Glycinate Chelate) | | | |
| Molybdenum | 25 mcg 33% | | |
| (TRAACS® Molybdenum Glycinate Chelate) | | | |

Other Ingredients: Natural flavors, medium chain triglycerides, vegetable cellulose, sodium chloride, stevia leaf extract.

Distributed by:
Red Dot Fitness Inc.
 850 The Alameda Suite 20
 San Jose, CA 95126
 www.RedDotFitness.com



Capsule packet contains:

- ✔ 3- Tune Up Aminos capsules
- ✔ 1- Tune Up Liver Support** capsule

Each kit contains:

- ✔ 28 - Single serving drink mix packets (Tune Up Nutrient Support**)
- ✔ 28 - Capsule packets (Tune Up Aminos & Tune Up Liver Support**)

Tune Up Liver Support**

Supplement Facts

Serving Size 1 capsule

| Amount Per Serving | % Daily Value |
|--|---------------|
| Vitamin C (as Ascorbic Acid) | 250 mg 417% |
| Vitamin E (as d-alpha tocopherol) | 8 IU 27% |
| Biotin (as d-Biotin) | 75 mcg 25% |
| Zinc (as Zinc Bisglycinate Chelate) | 7 mg 47% |
| Selenium (as Selenomethionine) | 50 mcg 71% |
| Manganese | 1 mg 50% |
| (TRAACS® Manganese Bisglycinate Chelate) | |
| Molybdenum | 50 mcg 67% |
| (TRAACS® Molybdenum Glycinate Chelate) | |
| N-Acetyl-L-Cysteine (NAC) | 125 mg * |
| L-Leucine | 75 mg * |
| High-Gamma Mixed Tocopherols | 52 mg * |
| (as d-gamma, d-delta, d-alpha, d-beta) | |
| Alpha Lipoic Acid | 45 mg * |
| Green Tea (<i>Camellia sinensis</i>)(leaf) | 25 mg * |
| [standardized to contain 98% polyphenols and 45% EGcg] | |
| Turmeric Extract (<i>Curcuma longa</i>)(root) | 25 mg * |
| [standardized to contain 95% curcuminoids] | |
| Grape Seed Extract | 25 mg * |
| (<i>Vitis vinifera</i>)(seed) | |
| [standardized to contain 95% proanthocyanidins] | |

*Daily value not established.

Other Ingredients: Cellulose (capsule), silicon dioxide, vegetable stearate.

Tune Up Aminos

Supplement Facts

Serving Size 3 capsules

| Amount Per Serving | % Daily Value |
|-----------------------------|---------------|
| L-Glutamine | 250 mg * |
| Glycine | 250 mg * |
| Methylsulfonylmethane (MSM) | 200 mg * |
| N-Acetyl-L-Cysteine | 125 mg * |
| Taurine | 125 mg * |
| Alpha-Ketoglutarate | 100 mg * |
| L-Glutathione | 100 mg * |
| L-Methionine | 100 mg * |
| L-Ornithine | 100 mg * |
| Calcium D-Glucarate | 100 mg * |

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

R3 kit is a comprehensive, science-based nutrition program designed to support safe and effective detoxification.** Everything you need is consolidated into packets to make the program easy-to-follow and to ensure that you do not miss any necessary nutrients. Just take one drink mix packet combined with water and one capsule packet twice per day. Follow the simple food plan from the guide book (included in the box) and you're on your way to more energy and a long list of health benefits.**

Drink mix packet contains:

Tune Up Nutrient Support** (single serving drink mix packets)

This is a truly superior functional food powder designed to support healthy detoxification.** Mix one packet of powder with ten to twelve ounces of water in a blender or shaker bottle and drink twice per day.

Each serving provides 18 grams of protein to help maintain muscle during your detoxification program, and to fuel the liver enzyme systems that drive the detoxification process.** Tune Up Nutrient Support** contains HydroBEEF™, a highly concentrated, pure bone broth protein isolate produced through an exclusive proprietary process that allows the protein to be hydrolyzed into more peptides, resulting in easier absorption and assimilation. This product contains beef from animals raised in Sweden without hormones or antibiotics, and is free of any GMO grains, grasses, and/or ensilage.

Tune Up Nutrient Support** contains quality macronutrients to fuel detoxification pathways, a full multivitamin/mineral for detoxification enzyme support, the nutrients needed to support and balance phase I and metabolic pathways, and high levels of antioxidant support for safe detoxification.** This formula also contains fiber to support intestinal cleansing and a comprehensive array of herbs to promote optimal liver function.**

Tune Up Nutrient Support** has a pleasant strawberry-vanilla flavor and a smooth texture. It does not contain dairy, gluten, or lactose, and is sweetened with the natural herb stevia.

Capsule packet contains:

Tune Up Aminos (3 capsules per packet) and **Tune Up Liver Support**** (1 capsule per packet)

These formulations are designed to support effective liver detoxification, which is essential to prevent the production of intermediate metabolites that could cause symptoms or sensitivity reactions during a detoxification program.** Providing nutritional support for detoxification helps conjugate toxins and prepare them for safe elimination from the body.** This added support is one of the reasons most people feel so great on the R3 kit.

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

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TRAACS® and DimaCal® are registered trademarks of Albion Laboratories, Inc.

HydroBEEF™ is a trademark of Essentia Metabolic Proteins. HYDROBEEF™

Notice: Color, size, shape, taste, density and naturally occurring nutrients (in R3 kit) may vary between lots.

Prop 65 Warning: This product contains substances known to the State of California to cause birth defects or other reproductive harm.

STORE AT ROOM TEMPERATURE.
 KEEP OUT OF REACH OF CHILDREN.



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