

PROBIOTICS:**SUPPLEMENT FACTS**Serving Size: 1 Capsule
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calcium (as calcium carbonate)	232mg	23%
Magnesium (as magnesium oxide)	160mg	40%

Probiotic Blend 2.5 Billion CFU *

Lactobacillus acidophilus,
Lactobacillus plantarum,
Bifidobacterium bifidum &
Lactobacillus casei

* Daily Value not established

OTHER INGREDIENTS: Gelatin, magnesium stearate and silica. Contains milk.**BCAAs:****SUPPLEMENT FACTS**Serving Size: 1 Tablet
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Amino Acid Blend 850mg *		
BCAAs (L-Leucine, L-Valine, L-Isoleucine), L-Arginine HCl, Taurine, L-Glutamine		

* Daily Value not established

ESSENTIAL FATTY ACIDS:**SUPPLEMENT FACTS**Serving Size: 1 Softgel
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories 15		
Calories from fat 10		
Total Fat	1.5g	2%†
Cholesterol	<5mg	1%†

Total Fish Oil 1.25g *

Omega-3 fatty acids (800mg)
EPA-eicosapentaenoic acid (390mg)
DHA-docosahexaenoic acid (300mg)

† Percent Daily Values are based on a 2,000-calorie diet

* Daily Value not established

OTHER INGREDIENTS: Capsule (gelatin, glycerin, and purified water), rosemary extract, natural tocopherols and natural lemon flavor.**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.**OTHER INGREDIENTS:** Calcium carbonate, microcrystalline cellulose, coating (polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, FD&C red #40 lake), stearic acid, hydroxypropyl cellulose, croscarmellose sodium, magnesium stearate and silica.**DIRECTIONS FOR USE:****ADULTS:** Take one pack per day with a meal and sufficient water or as directed by your healthcare practitioner. Each pack contains the following: Two Multivitamins + Antioxidant tablets, one Essential Fatty Acid softgel capsule, one Probiotic hard shell capsule and one BCAA tablet.**WARNINGS:** DO NOT exceed the daily recommended serving. DO NOT USE if you are experiencing nausea, fever, vomiting, bloody diarrhea or severe abdominal pain; or if you have an immunocompromised condition. If symptoms of digestive upset occur, worsen or persist beyond 3 days, discontinue use and consult your healthcare practitioner. If you are pregnant or breast feeding; if you have diabetes or an iron deficiency; or if you have a liver disorder or develop symptoms of liver trouble, consult your healthcare practitioner prior to use. If you are taking blood pressure medication or blood thinners, consult your healthcare practitioner prior to use. Food Supplements should not be used as a substitute for a varied diet. This product is to be used in conjunction with a sensible diet and exercise program for best results. This product is not intended to diagnose, cure or prevent disease.**FREE FROM INFORMATION:** Gluten Free, GMO Free, BSE/TSE Free

Safety sealed for your protection and for product freshness. DO NOT USE if the box has been tampered with.

Store in a cool, dry place. Store out of the reach of children. For maximum freshness, store at 15-30°C (59-86°F). Shelf life up to 2 years.

Grenade® Ration Pack is manufactured and packaged on behalf of GRENADE US, 2385 NW Executive Center Drive, Suite 100, Boca Raton, FL 33431, USA

#Arm Yourself at
info@grenadefatburner.com

www.grenadefatburner.com

GRENADE® is a registered Trademark

Have you tried
**Grenade® Thermo Detonator,
.50 Caliber® and Hydra 6™?****HANDLE WITH CARE****WARNING: THIS IS NOT A TOY**

RATION PACK BY GRENADE® is an ideal foundation for most nutritional supplement programs and is derived from our ongoing research with military personnel and elite athletes. It has been specifically designed to provide generous levels of nutrients in their highest quality form tested for purity, potency and absorption. Grenade® Ration Pack contains Multivitamins + Antioxidants, Essential Fatty Acids (Omega-3s), Probiotics (beneficial bacteria) and BCAAs in convenient packs for daily usage while deployed on operations or for your gym bag.

EACH DAILY SERVING PROVIDES:

MULTIVITAMINS + ANTIOXIDANTS
Nutrients required by virtually all body functions and key contributors to the maintenance of good health.*

May support the neutralization of potentially harmful oxygen free radicals.*

ESSENTIAL FATTY ACIDS (OMEGA-3)
Help maintain and support cardiovascular health*.

PROBIOTICS
Support potentially beneficial, so-called "healthy" bacteria in the gut.*

BCAAs
Anti-Catabolic support.*

The colors above are indicative of the capsules/tablets.

* 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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COMPLETE DAILY DIETARY SUPPLEMENT DESIGNED FOR ATHLETES AND MILITARY IN HIGH-INTENSITY TRAINING WHO DEMAND MAXIMUM PERFORMANCE.**GRENADE®
RATION PACK****30 PACKS**

Each pack contains 3 Tablets, 1 Capsule and 1 Softgel.

DIETARY SUPPLEMENT**MULTIVITAMINS + ANTIOXIDANT :****SUPPLEMENT FACTS**Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 75% as beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid, magnesium ascorbate)	500mg	833%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as natural d-alpha-tocopheryl succinate)	300 IU	1,000%
Vitamin K (as phytonadione)	60mcg	75%
Thiamin (as thiamin HCl)	10mg	667%
Riboflavin	10mg	588%
Niacin (as niacinamide)	20mg	100%
Vitamin B6 (as pyridoxine HCl)	10mg	500%
Folate (as folic acid)	600mcg	150%
Vitamin B12 (as cyanocobalamin)	500mcg	8,333%
Biotin	200mcg	67%
Pantothenic acid (as calcium pantothenate)	40mg	400%
Calcium (as calcium carbonate, dicalcium phosphate & calcium citrate)	260mg	26%
Iron (as ferrous fumarate)	7.5mg	42%
Iodine (as potassium iodide)	100mcg	67%
Zinc (as zinc citrate)	30mg	200%
Selenium (as selenomethionine)	80mcg	114%

Copper (as copper gluconate)	1mg	50%
Manganese (as manganese gluconate)	2.5mg	125%
Chromium (as chromium picolinate)	100mcg	83%
Molybdenum (as sodium molybdate)	75mcg	100%
N-acetyl cysteine	75mg	*
Green tea leaf extract (32mg of polyphenols & 25mg of catechins)	33mg	*
Bilberry fruit extract 4:1	25mg	*
Black currant berry powder	25mg	*
Tart cherry fruit	25mg	*
Quercetin (as quercetin dihydrate)	20mg	*
Watercress leaf	20mg	*
Choline (as choline bitartrate)	15mg	*
Silica (as silicon dioxide)	13mg	*
Pomegranate fruit extract (providing 5mg of ellagic acid)	12.5mg	*
Grape skin extract (20% anthocyanidins)	7mg	*
Inositol	4mg	*
Lutein	1mg	*
Lycopene	1mg	*
Boron (as boron citrate)	500mcg	*
Natural mixed carotenoids	100mcg	*

* Daily Value not established

OTHER INGREDIENTS: Microcrystalline cellulose, film coat (polyvinyl alcohol, polyethylene glycol, titanium dioxide, talc, FD&C yellow #5 lake), steric acid, croscarmellose sodium and magnesium stearate.