

# USANA Revolve 24hr Nutrition Box

**Directions:** Take one (1) a.m. packet in the morning, preferably with food. Take one (1) p.m. packet in the evening directly before bedtime. Do not consume a.m. packet after 7:00 p.m. Do not drive or operate machinery when taking melatonin.

**Each a.m. packet contains:** 2 Core Nutrition tablets, 1 MagneCal D tablet, and 1 Energy Optimizer tablet

**Each p.m. packet contains:** 1 MagneCal D tablet and 1 Sleep Optimizer tablet

## Supplement Facts

Serving size: 1 Packet  
Servings per container: 56

Amount Per Serving	A.M. Packet	%Daily Value	P.M. Packet	%Daily Value
Vitamin A [100% (5400 mcg) as Beta Carotene]	2700 µg RAE	300%		
Vitamin C (as Ascorbic Acid)	324 mg	360%		
Vitamin D3 (as Cholecalciferol)	31 µg	155%	6 µg	30%
Vitamin E (as D-alpha Tocopheryl Succinate)	82 mg	547%		
Vitamin K (as Phytonadione)	60 µg	50%		
Thiamine (Vitamin B1)	55 mg	4583%		
Riboflavin (Vitamin B2)	45 mg	3462%		
Niacin (as Niacin and Niacinamide)	36 mg NE	225%		
Vitamin B6 (as Pyridoxine HCl)	74 mg	4353%		
Folate (as 748 µg Folic Acid)	1271 µg DFE	318%		
Vitamin B12 (as Cyanocobalamin)	300 µg	12500%		
Biotin	560 µg	1867%		
Pantothenic Acid (as D-Calcium Pantothenate)	55 mg	1100%		
Choline (as Choline Bitartrate)	18 mg	3%		
Calcium (as Calcium Carbonate, Calcium Citrate, and Calcium Pantothenate)	158 mg	12%	130 mg	10%
Iron (as Ferrous Fumarate)	4.4 mg	24%		
Iodine (as Potassium Iodide)	150 µg	100%		
Magnesium (as Magnesium Carbonate and Magnesium Citrate)	158 mg	38%	130 mg	31%
Zinc (as Zinc Citrate)	12 mg	109%		
Selenium (as L-Selenomethionine)	150 µg	273%		
Copper (as Copper Gluconate)	0.99 mg	110%		
Manganese (as Manganese Gluconate)	3 mg	130%		
Chromium (as Chromium Polynicotinate)	50 µg	143%		
Molybdenum (as Molybdenum Citrate)	50 µg	111%		
Inositol	30 mg	†		
Korean Ginseng ( <i>Panax ginseng</i> , roots)	50 mg	†		
Boron (as Boron Citrate)	330 µg	†	330 µg	†
L-Theanine			50 mg	†
Ashwagandha Extract ( <i>Withania somnifera</i> , root)			300 mg	†
Melatonin			2 mg	†
GABA (Gamma-Aminobutyric Acid)			125 mg	†
InCelligence Complex***	311 mg	†		
[Green Tea Leaf Extract ( <i>Camellia sinensis</i> <i>hunan</i> ) with high EGCG†, Alpha Lipoic Acid, Quercetin Dihydrate, Resveratrol, Rutin, Hesperidin ( <i>Citrus spp.</i> L., fruit)] Olivol (Olive Fruit Extract, <i>Olea europaea</i> L., fruit), Meriva®** Bioavailable Curcumin Complex, ( <i>Curcuma longa</i> L., root)]				

†Daily Value not established.

**Other Ingredients:** Microcrystalline Cellulose, Ascorbyl Palmitate, Croscarmellose Sodium, Colloidal Silicon Dioxide, Magnesium Stearate, Organic Maltodextrin, Natural Blue Coating (Hydroxypropyl Methylcellulose, Isomalt, Spirulina Extract, Calcium Carbonate, Medium Chain Triglycerides, Carmine), Natural Orange Coating (Hydroxypropyl Methylcellulose, Isomalt, Calcium Carbonate, Medium Chain Triglycerides, Carmine), Hydroxy Propyl Cellulose, Calcium Silicate, Organic Sunflower Lecithin, Natural Wild Berry Flavor, Organic Palm Olein, Natural Vanilla Flavor, Organic Guar Gum, Stevia.

Laboratory tested. Quality guaranteed. Meets USP specifications for potency, uniformity, and disintegration, where applicable. If you exceed the established Upper Limit (UL) of 100 µg (4000 IU/d) for vitamin D intake, regular blood tests for vitamin D and calcium status are recommended.

**Keep out of reach of children.** Consult your physician if you are pregnant, nursing, taking a prescription drug, or have a medical condition. Insomnia may be a symptom of a serious underlying medical illness.

Store in cool, dry conditions [below 23 °C (73 °F)].

‡40 mg of caffeine derived from natural green tea in each tablet.

\*\*Meriva® is a registered trademark of Indena S.p.A.

\*\*\*Protected under US Patent 10,632,101.