



Athletic Pure Pack

Comprehensive daily packet providing core nutrients, fish oil, antioxidants, glutamine, and energy cofactors including CoQ₁₀ and Kre-Alkalyn®‡

Supplement Facts

Serving size	1 packet (9 capsules)	
Servings per container	30	
	Amount Per Serving	%DV
Calories	10	
Total Fat	1 g	1% ^
Cholesterol	< 5 mg	< 2% ^
Vitamin A (as beta carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	1,125 mg	1,250%
Vitamin D (as cholecalciferol) (D ₃)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg	223%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	16.7 mg	1,285%
Niacin (as niacin and 67% niacinamide)	38 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10 mg	588%
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%

Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	10 mg	2%
Calcium (as calcium citrate)	100 mg	8%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc citrate)	7.5 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper glycinate)	1 mg	111%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%
Potassium (as potassium phosphate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	289 mcg	*
Inositol	25 mg	*
Kre-Alkalyn® (pH balanced creatine)	1,375 mg	*
Coenzyme Q ₁₀	145 mg	*

Alpha ketoglutarate	25 mg	*
N-Acetyl-L-Cysteine (free-form)	75 mg	*
Alpha lipoic acid (thioctic acid)	50 mg	*
L-Carnosine	25 mg	*
L-Glutamine (free-form)	1,000 mg	*
PowerGrape® grape (Vitis vinifera) extract (whole fruit)	100 mg	*
Superfruit antioxidant blend (from acerola berry, camu camu fruit, quercetin, acai berry, mangosteen fruit and green coffee whole fruit concentrate)	25 mg	*
Green tea (Camellia sinensis) extract (leaf) (decaffeinated) (standardized to contain 70% epigallocatechin gallate (EGCG))	25 mg	*
Fish oil concentrate (from anchovies, sardines, mackerel) providing: EPA (eicosapentaenoic acid) DHA (docosahexaenoic acid)	1,000 mg 300 mg 200 mg	 * *

* Daily value not established
^ Percent daily values are based on a 2,000 calorie diet

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate
Contains fish (anchovies, sardines, mackerel)

PowerGrape® is a registered trademark of the "Actifs Innovants" division of Naturex.
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

‡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.



Athletic Pure Pack

with Metafolin® L-5-MTHF

Gluten-free & Non-GMO

Dietary Supplement

30 PACKETS

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 packet daily (9 capsules), with a meal.
Warning: Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.
Keep out of the reach of children.

Chromemate® brand niacin-bound chromium. Chromemate® is a registered trademark of InterHealth N.I.

Kre-Alkalyn® is a registered trademark of Biochemical Research and Development Laboratory (SR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

Kaneka Q10® is a trademark of Kaneka Corporation.



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This product was sealed for your protection. Do not use if box or contents are open or damaged. Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

manufactured by: **Pure Encapsulations**
490 Boston Post Road, Sudbury, MA
1-800-753-2277 www.PureEncapsulations.com code: APPB3



Each packet contains

Athletic Nutrients | 3 vegetarian capsules

EPA/DHA essentials | 1 softgel capsule

Kre-Alkalyn® (pH balanced creatine) | 2 vegetarian capsules

Ascorbic Acid | 1 vegetarian capsule

CoQ₁₀ | 1 vegetarian capsule

L-Glutamine | 1 vegetarian capsule