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Scan to learn about our
hypoallergenic supplements

Use only if safety seal
is intact.

Contents may not fill package in
order to accommodate required
labeling. Please rely on stated
quantity.

Certified Gluten-Free by the
Gluten-Free Certification
Organization, www.gluten.org

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

Keep out of the reach of children.

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.

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take
2 capsules, twice daily, with meals, or as directed by
a health professional.

Athletic Nutrients

*With Metafolin® L-5-MTHF;
Multivitamin/mineral complex for
physical training and performance**

**Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement**
180 CAPSULES



Supplement Facts

Serving size 2 capsules
Servings per container 90

	Amount Per Serving	% DV
Vitamin A (as beta carotene)	1,000 mcg	111 %
Vitamin C (as ascorbic acid)	83 mg	92 %
Vitamin D (as cholecalciferol) (D ₃)	8.325 mcg (333 IU)	42 %
Vitamin E (as d-alpha tocopherol succinate)	22 mg	147 %
Vitamin K (as vitamin K ₁)	33 mcg	28 %
Thiamin (as thiamin HCl) (B ₁)	8 mg	667 %
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	11.1 mg	854 %
Niacin (as niacin and 67% niacinamide)	25 mg	156 %
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	6.65 mg	391 %
Folate (as Metafolin®, L-5-MTHF)	222 mcg DFE (133 mcg L-5-MTHF)	55 %
Vitamin B ₁₂ (as methylcobalamin)	333 mcg	13,875 %
Biotin	266 mcg	887 %
Pantothenic acid (as calcium pantothenate) (B ₅)	16.5 mg	330 %
Choline (as choline bitartrate)	6.6 mg	1 %
Calcium (as calcium citrate)	66.5 mg	5 %
Iodine (as potassium iodide)	66.5 mcg	44 %
Magnesium (as magnesium citrate)	66.5 mg	16 %
Zinc (as zinc citrate)	5 mg	45 %
Selenium (as selenomethionine)	66.5 mcg	121 %
Copper (as copper glycinate)	650 mcg	72 %
Manganese (as manganese citrate)	650 mcg	28 %
Chromium (as chromium polynicotinate)	66.5 mcg	190 %
Potassium (as potassium phosphate)	33 mg	<1 %
Boron (as boron glycinate)	650 mcg	*
Vanadium (as bis-glycinato oxo vanadium)	33 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	192 mcg	*
Inositol	16.5 mg	*
EnergizeATP Factors*		
Kre-Alkalyn® (pH balanced creatine)	250 mg	*
Coenzyme Q ₁₀	16.5 mg	*
Alpha ketoglutarate	16.5 mg	*
MuscleRestore Complex*		
N-Acetyl-L-Cysteine (free-form)	50 mg	*
Alpha lipoic acid (thioctic acid)	33 mg	*
L-Carnosine	16.5 mg	*
PowerProtect Antioxidants*		
PowerGrape® grape (<i>Vitis vinifera</i>) extract (whole fruit)	66.5 mg	*
Superfruit antioxidant blend (from acerola berry, camu camu fruit, quercetin, acai berry, mangosteen fruit, and green coffee whole fruit concentrate)	16.5 mg	*
Green tea (<i>Camellia sinensis</i>) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg	*

*Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

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Kre-Alkalyn® is protected by US Patent #6,399,661 and is a registered trademark of
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PowerGrape® is a registered trademark of the "Actifs Innovants" division of Naturex.

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

KANEGA Q10® Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

manufactured by: **Pure Encapsulations**

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code: **ATN1**

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