



4 capsules



daily



with food

Suggested Use: Take 4 capsules daily with meals. For best results, split into 2 doses and take 2 capsules twice daily with meals (ex: breakfast and dinner). Splitting your doses throughout the day will improve bioavailability and ensure essential micronutrients are available at critical times.

NON-GMO | GLUTEN FREE | BSE/TSE FREE

Warning: KEEP OUT OF REACH OF CHILDREN. Check with a qualified healthcare professional before taking this product if you are pregnant, nursing, under 18 years of age, if you have any known or suspected medical condition(s), and/or are taking any prescription or OTC medication(s). Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications. 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. Discontinue use two weeks prior to surgery.



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†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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MANUFACTURED IN OUR

**GMP & FDA
INSPECTED FACILITY**

FDA Registration: 16906175560

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1996



NUTRABIO®

DAILY ESSENTIALS FOR ATHLETES

MULTI SPORT

Women's Formula

MULTIVITAMIN-MINERAL FOR ATHLETIC WOMEN

Optimize
Sports Performance†

Essential
Vitamins & Minerals

Advanced
Antioxidant Formula



120
V-Caps

Vitamin
Supplement

MADE IN OUR
GMP
— & —
FDA
INSPECTED
FACILITY



Supplement Facts

Serving size: 4 vegetable capsules

Servings per container: 30

Amount Per Serving			% DV	Amount Per Serving			% DV
Vitamin A (as beta carotene)	9750 IU	200%*		Zinc (as TRAACS® zinc arginate chelate)	15mg	100%*	
Vitamin C (as ascorbic acid)	330mg	550%*		Selenium (as TRAACS® selenium glycinate complex)	200mcg	290%*	
Vitamin D (as D-3 cholecalciferol)	1600 IU	400%*		Copper (as TRAACS® copper bisglycinate chelate)	3mg	150%*	
Vitamin E (as natural D-α-tocopheryl succinate)	300 IU	1000%*		Manganese (as TRAACS® manganese glycinate chelate)	8mg	400%*	
Vitamin K K-2 (60 mcg) [as natural Mena-Q™ MK7 (menaquinone-7)]	120mcg	150%*		Chromium (as TRAACS® chromium nicotinate glycinate chelate)	140mcg	120%*	
K-1 (60 mcg) [as phytonadione]				Molybdenum (as TRAACS® molybdenum glycinate chelate)	120mcg	160%*	
Thiamin (Vitamin B-1 as thiamine mononitrate)	92mg	6130%*		Potassium (as Calci-K® calcium potassium phosphate citrate)	85mg	2%*	
Riboflavin (Vitamin B-2)	85mg	5000%*		Alpha Lipoic Acid	100mg	†	
Niacin (Vitamin B-3 as niacinamide)	88mg	440%*		N-Acetyl Cysteine (NAC)	100mg	†	
Vitamin B-6 (as pyridoxine HCl)	100mg	5000%*		Choline Bitartrate (VitaCholine®)	100mg	†	
Folate (as folic acid)	400mcg	100%*		Citrus Bioflavonoids	100mg	†	
Vitamin B-12 (as methylcobalamin)	500mcg	8330%*		Inositol	100mg	†	
Biotin	300mcg	100%*		Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	10mcg	†	
Pantothenic Acid (as calcium d-pantothenate)	100mg	1000%*		Silica (as horsetail)	4mg	†	
Calcium (as Calci K® calcium potassium phosphate citrate)	100mg	10%*		Boron (as TRAACS® bororganic glycine)	3mg	†	
Iron (as Ferrochel® ferrous bisglycinate chelate)	18mg	100%*					
Phosphorus (as Calci K® calcium potassium phosphate citrate)	50mg	5%*					
Iodine (as potassium iodide)	150mcg	100%*					
Magnesium (as Albion® di-magnesium malate)	100mg	25%*					

† Daily Value (DV) not established.

* Percent Daily Value based on a 2000 calorie diet.

Other Ingredients: vegetable capsule.

STORE IN A COOL DRY PLACE.