



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). Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications. In case of accidental overdose call a doctor or poison control center immediately. Discontinue use two weeks prior to surgery.



†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.

Manufactured by: NutraBio Labs, Inc.
564 Lincoln Blvd., Middlesex, NJ 08846
www.nutrabilio.com / info@nutrabilio.com (732-748-8606)



NUTRABIO®

DAILY ESSENTIALS FOR ATHLETES



MULTI SPORT

Men's Formula

MULTIVITAMIN-MINERAL FOR ATHLETIC MEN

Optimize | **Essential** | **Advanced**
Sports Performance† | Vitamins & Minerals | Antioxidant Formula



Supplement Facts

Serving size: 4 vegetable capsules
Servings per container: 30

Amount Per Serving			% DV	Amount Per Serving			% DV
Vitamin A (as beta carotene)	10,000 IU	200%*		Zinc (as TRAACS® zinc arginate chelate)	15mg	100%*	
Vitamin C (as ascorbic acid)	400mg	670%*		Selenium (as Albion® 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)	400 IU	1330%*		Manganese (as TRAACS® manganese glycinate chelate)	10mg	500%*	
Vitamin K K-2 (80mcg) [as natural Mena-Q® MK7 (menaquinone-7)]	160mcg	200%*		Chromium (as TRAACS® chromium nicotinate glycinate chelate)	200mcg	170%*	
K-1 (80 mcg) [as phytonadione]	160mcg	200%*		Molybdenum (as TRAACS® molybdenum glycinate chelate)	120mcg	160%*	
Thiamin (Vitamin B-1 as thiamine mononitrate)	100mg	6667%*		Potassium (as Calci K® calcium potassium phosphate citrate)	65mg	2%*	
Riboflavin (Vitamin B-2)	100mg	5880%*		Alpha Lipoic Acid	100mg	†	
Niacin (Vitamin B-3 as niacinamide)	100mg	500%*		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%*		Silica (as horsetail)	3mg	†	
Pantothenic Acid (as calcium d-pantothenate)	100mg	1000%*		Boron (as Albion® bororganic glycine)	3mg	†	
Calcium (as Calci K® calcium potassium phosphate citrate)	75mg	8%*		Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	10mcg	†	
Iron (as Ferrochel® ferrous bisglycinate chelate)	8mg	45%*					
Phosphorus (as Calci K® calcium potassium phosphate citrate)	38mg	4%*					
Iodine (as potassium iodide)	150mcg	100%*					
Magnesium (as TRAACS® 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.