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hypoallergenic supplements

*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.

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.

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.

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



Athletic Nutrients

With Metafolin® L-5-MTHF;
Multivitamin/mineral complex for
physical training and performance²

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)	8.3 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	180%
Potassium (as potassium phosphate)	33 mg	<1%
Boron (as boron glycinate)	660 mcg	*
Vanadium (as bis-glycinato oxo vanadium)	33 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	192 mcg	*
Inositol	16.5 mg	*
EnergizeATP Factors¹		
Creatine monohydrate	250 mg	*
Coenzyme Q ₁₀	16.5 mg	*
Alpha ketoglutarate	16.5 mg	*
MuscleRestore Complex¹		
N-Acetyl-L-Cysteine (free-form)	50 mg	*
Alpha lipoic acid (thioctic acid)	33 mg	*
L-Carnosine	16.5 mg	*
PowerProtect Antioxidants¹		
PowerGrape® grape (Vitis vinifera) 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 (Camellia sinensis) 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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CHROME-MATE® ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.J.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

PowerGrape® is a registered trademark of the "Actifs Innovants" division of Naturex.



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code: **ATN21**

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