

Supplement Facts

Serving Size 1 packet • Servings Per Container 30

Amount Per Serving	% DV
Vitamin A (as palmitate) 10,000 IU	200%
Vitamin C (as ascorbic acid) 500 mg	830%
Vitamin D (as cholecalciferol) 400 IU	100%
Vitamin E (as dl-tocopheryl acetate) 800 IU	2670%
Vitamin B1 (as thiamine mononitrate) 350 mg	23330%
Vitamin B2 (riboflavin) 100 mg	5880%
Vitamin B3 (as niacin) 100 mg	500%
Vitamin B3 (as niacinamide) 100 mg	500%
Vitamin B6 (as pyridoxine HCl) 100 mg	5000%
Folate (as folic acid) 200 mcg	.50%
Vitamin B12 (as cyanocobalamine) 100 mcg	1670%
Biotin 100 mcg	30%
Pantothenic acid (as di-calcium pantothenate) 100 mg	1000%
Calcium 125 mg	10%
(as calcium bisglycinate chelate & calcium salt orthophosphoric acid)	
Iron 4.5 mg	25%
(as ferrous fumarate & ferrous bisglycinate chelate)	
Iodine (as potassium iodide) 50 mcg	40%
Magnesium 62 mg	20%
(as magnesium oxide & magnesium bisglycinate chelate)	
Zinc (as bisglycinate chelate) 3.5 mg	25%
Selenium (as L-selenomethionine) 12.5 mcg	20%
Copper (as copper bisglycinate chelate) 500 mcg	25%
Manganese 1 mg	50%
(as manganese bisglycinate chelate)	
Chromium (as chromium chloride) 25 mcg	.20%
Potassium 11 mg	<1%
(as potassium gluconate & potassium bisglycinate chelate)	
Molybdenum (as sodium molybdate) 18 mcg	20%
Choline (as choline bitartrate) 100 mg	*
Inositol 100 mg	*
PABA (para-amino benzoic acid) 100 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, di-calcium phosphate, calcium carbonate, sodium croscarmellose, vegetable stearic acid, silicon dioxide, vegetable magnesium stearate, gelatin, water.

WARNING: 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.

NUTRINA[®] DIETARY SUPPLEMENT

Athlete FORMULA



30 DOSAGES

DIRECTIONS: Take one packet daily, with or after a meal, or as directed by your health care professional. Store container tightly closed in a cool, dry place. Keep out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

NOTE: Niacin can cause a hot skin flush, which disappears after some minutes.

QUALITY GUARANTEE: Certified potency and purity. Satisfaction guaranteed.

ALLERGEN STATEMENT: This product does not contain any of the major food allergens: milk, egg, fish, crustacean shell fish, tree nuts, wheat, peanuts and soybeans (see www.fda.gov). Gluten free.

DIST. BY: Standard Vitamins Dist. Co., Inc.
Clearwater, FL 33755 • Made in the USA
1-800-523-8899 • www.nutrina.com

