

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) 1,000 mg	1670%
Vitamin D (as cholecalciferol) 400 IU	100%
Vitamin E (as dl-tocopheryl acetate) 800 IU	2670%
Vitamin B1 (as thiamine mononitrate) 600 mg	4000%
Vitamin B2 (riboflavin) 100 mg	5880%
Vitamin B3 (as niacin) 100 mg	500%
Vitamin B3 (as nicotinamide) 100 mg	500%
Vitamin B6 (as pyridoxine HCl) 100 mg	5000%
Folate (as folic acid) 200 mcg	50%
Vitamin B12 (as cyanocobalamin) 100 mcg	1670%
Biotin 100 mcg	30%
Pantothenic acid (as di-calcium pantothenate) 100 mg	100%
Calcium 500 mg	50%
(as calcium bisglycinate chelate & calcium salt orthophosphoric acid)	
Iron 18 mg	100%
(as ferrous fumarate & ferrous bisglycinate chelate)	
Iodine (as potassium iodide) 200 mcg	80%
Magnesium 240 mg	100%
(as magnesium oxide & magnesium bisglycinate chelate)	
Zinc (as bisglycinate chelate) 15 mg	20%
Selenium (as L-selenomethionine) 50 mcg	100%
Copper (as copper bisglycinate chelate) 2 mg	200%
Manganese 4 mg	80%
(as manganese bisglycinate chelate)	
Chromium (as chromium chloride) 100 mcg	100%
Molybdenum (as sodium molybdate) 72 mcg	2%
Potassium 45 mg	
(as potassium gluconate & potassium bisglycinate chelate)	
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 phosphates, calcium carbonate, sodium croscarmellose, vegetable stearic acid, silicon dioxide, vegetable magnesium, 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

Marathon FORMULA



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.

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