

Directions: Take 8 capsules daily. They can be taken all at once, but for optimal results, take 4 capsules twice daily with meals.

TRIUMPH's formulation does a lot more than plug potential holes in your diet: its unique combination of clinically effective ingredients improves general health and overall well-being, enhances physical and mental performance, and protects against disease. If you want to not only prevent nutrient deficiencies but also have a healthier body that feels good and is more resistant to stress, sickness, and disease... and that can train hard without being dragged down by systemic fatigue and overtraining... then you want to try TRIUMPH today.*

TO LEARN MORE VISIT: WWW.LEGIONATHLETICS.COM

WARNING: Check with a qualified healthcare professional before using this product if you are under 18 years of age or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s). KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

† 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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TRIUMPH

CLINICALLY EFFECTIVE INGREDIENTS AND DOSAGES

SPORT MULTIVITAMIN FOR MEN



IMPROVE HEALTH[†]



INCREASE PERFORMANCE[†]



REDUCE STRESS[†]

240 VEGETARIAN CAPSULES | 30 SERVINGS

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 8 Capsules Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin A (as carotenoids)	1500 IU	30%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D (as cholecalciferol)	2000 IU	500%
Vitamin E (as mixed natural tocopherols)	25 IU	80%
Vitamin K1 (as phyloquinone)	500 mcg	420%
Vitamin K2 (as menaquinone-7)	100 mcg	125%
Vitamin B1 (as thiamin hydrochloride)	30 mg	2500%
Vitamin B2 (as riboflavin)	20 mg	1540%
Vitamin B3 (as inositol hexanicotinate)	100 mg	630%
Vitamin B5 (as calcium pantothenate)	100 mg	2000%
Vitamin B6 (as pyridoxine hydrochloride)	15 mg	880%
Folate (as 5-methyltetrahydrofolate)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	600 mcg	25000%
Biotin	300 mcg	1000%
Calcium (as calcium pantothenate)	8 mg	<1%
Iodine (as potassium iodide)	225 mcg	150%
Magnesium (as magnesium gluconate)	200 mg	50%
Zinc (as zinc citrate)	30 mg	270%
Selenium (as selenomethionine)	25 mcg	45%
Chromium (as chromium picolinate)	200 mcg	570%
Potassium (as potassium iodide)	52 mg	1%
Acetylcysteine (as N-acetyl-L-cysteine)	250 mg	**
Grape Seed Extract	150 mg	**
CoQ10 (as ubiquinol)	90 mg	**
Alpha Lipoic Acid	90 mg	**
Olive Leaf Extract (25% oleuropein)	80 mg	**
Zeaxanthin (from Tagetes Erecta Flower Extract)	6 mg	**
Lutein	6 mg	**
Fucoxanthin (from Laminaria Japonica Whole Plant Extract)	8 mg	**
Ashwagandha Root (from KSM-66® Root Extract)	500 mg	**
Nigella Sativa (from black cumin seed)	500 mg	**
Pumpkin Seed Extract	200 mg	**

*Percent Daily Values (DV%) are based on a 2000 calorie diet.

**Daily Value not established

OTHER INGREDIENTS: Microcrystalline cellulose, hypromellose, magnesium stearate

CONTAINS: Soy

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.