

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.

GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, Allergen Free, No Artificial Color, Flavor or Sweetener, No Preservatives, No Starch, No Sugar, No Soy, No Wheat, No Yeast, No Fish, No Milk, Sodium 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.

    
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†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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FDA Registration: 16906175560



NUTRABIO®

DAILY ESSENTIALS FOR ATHLETES

MULTI SPORT Men's Formula

MULTIVITAMIN-MINERAL FOR ATHLETIC MEN

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

 120
Veggie Capsules | Vitamin Supplement



Supplement Facts

Serving size: 4 vegetable capsules
Servings per container: 30

Amount Per Serving		% DV	Amount Per Serving		% DV
Vitamin A (as beta carotene)	3000 mcg	330%*	Zinc (as TRAACS® zinc arginate chelate)	15 mg	140%*
Vitamin C (as ascorbic acid)	400 mg	440%*	Selenium (as TRAACS® selenium glycinate complex)	200 mcg	360%*
Vitamin D (Vitamin D-3)(as cholecalciferol)	40 mcg (1600 IU)	200%*	Copper (as TRAACS® copper bisglycinate chelate)	3 mg	330%*
Vitamin E (as natural D-alpha-tocopherol succinate)	180 mg	1200%*	Manganese (as TRAACS® manganese glycinate chelate)	10 mg	430%*
Vitamin K K-2 (80 mcg) [as natural Mena-Q™ MK7 (menaquinone-7)] K-1 (80 mcg) [as phytonadione]	160 mcg	130%*	Chromium (as TRAACS® chromium nicotinate glycinate chelate)	200 mcg	570%*
Thiamin (Vitamin B-1)(as thiamine mononitrate)	100 mg	8330%*	Molybdenum (as TRAACS® molybdenum glycinate chelate)	120 mcg	270%*
Riboflavin (Vitamin B-2)(Riboflavin 5-phosphate sodium)	100 mg	7690%*	Potassium (as Calci-K® calcium potassium phosphate citrate)	65 mg	2%*
Niacin (Vitamin B-3)(as niacinamide)	100 mg NE	625%*	Citrus Bioflavonoids	200 mg	†
Vitamin B-6 (as pyridoxal 5-phosphate)	25 mg	1470%*	Alpha Lipoic Acid	100 mg	†
Folate 680 mcg DFE (400 mcg folic acid)		170%*	Choline Bitartrate (VitaCholine®)	100 mg	†
Vitamin B-12 (as methylcobalamin)	500 mcg	20830%*	Inositol	100 mg	†
Biotin (Vitamin B-7)(as D-biotin)	300 mcg	1000%*	BioPerine® (Black Pepper Extract)(standardized to 95% piperine)	5 mg	†
Pantothenic Acid (Vitamin B-5)(as calcium d-pantothenate)	100 mg	2000%*	Silica (as horsetail)	4 mg	†
Calcium (as Calci K® calcium potassium phosphate citrate)	75 mg	6%*	Boron (as TRAACS® bororganic glycine)	3 mg	†
Iron (as Ferrochel® ferrous bisglycinate chelate)	8 mg	45%*	Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	10 mcg	†
Phosphorus (as Calci K® calcium potassium phosphate citrate)	38 mg	4%*			
Iodine (as potassium iodide)	150 mcg	100%*			
Magnesium (as TRAACS® di-magnesium malate)	100 mg	25%*			

Other Ingredients: vegetable capsule.

†Daily Value (DV) not established.
* Percent Daily Value based on a 2000 calorie diet.

STORE IN A COOL DRY PLACE.

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