

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). Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications. 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. 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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NUTRABIO

DAILY ESSENTIALS FOR ATHLETES

**MULTI
SPORT
Women's Formula**

MULTIVITAMIN-MINERAL FOR ATHLETIC WOMEN

Optimize Sports Performance† | *Essential* Vitamins & Minerals | *Advanced* 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)	2925 mcg	330%*		Zinc (as TRAACS® zinc arginate chelate)	15 mg	140%*	
Vitamin C (as ascorbic acid)	330 mg	370%*		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)	135 mg	900%*		Manganese (as TRAACS® manganese glycinate chelate)	8 mg	350%*	
Vitamin K K-2 (60 mcg) [as natural Mena-Q™ MK7 (menaquinone-7)] K-1 (60 mcg) [as phytonadione]	120 mcg	100%*		Chromium (as TRAACS® chromium nicotinate glycinate chelate)	140 mcg	400%*	
Thiamin (Vitamin B-1)(as thiamine mononitrate)	92 mg	7670%*		Molybdenum (as TRAACS® molybdenum glycinate chelate)	120 mcg	270%*	
Riboflavin (Vitamin B-2)(as Riboflavin 5-phosphate sodium)	85 mg	6540%*		Potassium (as Calci-K® calcium potassium phosphate citrate)	85 mg	2%*	
Niacin (Vitamin B-3)(as niacinamide)	88 mg NE	550%*		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)	100 mg	8%*		Boron (as TRAACS® bororganic glycine)	3 mg	†	
Iron (as Ferrochel® ferrous bisglycinate chelate)	18 mg	100%*		Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	10 mcg	†	
Phosphorus (as Calci K® calcium potassium phosphate citrate)	50 mg	4%*					
Iodine (as potassium iodide)	150 mcg	100%*					
Magnesium (as TRAACS® di-magnesium malate)	100 mg	25%*					

Other Ingredients: vegetable capsule.

STORE IN A COOL DRY PLACE.

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