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hypoallergenic supplements



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization,
www.gluten.org

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Warning: Take with food. If you have liver problems, consult your health professional before use. Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

Keep out of the reach of children.

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, twice daily, with meals, or as directed by a health professional.



Athletic Nutrients

*With Metafolin® L-5-MTHF; Multivitamin/mineral complex for physical training and performance**

**Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement
180 CAPSULES**

Supplement Facts

Serving size 2 capsules
Servings per container 90

	Amount Per Serving	% DV
Vitamin A (as beta carotene)	1,000 mcg	111%
Vitamin C (as ascorbic acid)	83 mg	92%
Vitamin D (as cholecalciferol) (D ₃)	8.3 mcg (333 IU)	42%
Vitamin E (as d-alpha tocopherol succinate)	22 mg	147%
Vitamin K (as vitamin K ₁)	33 mcg	28%
Thiamin (as thiamin HCl) (B ₁)	8 mg	667%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	11.1 mg	854%
Niacin (as niacin and 67% niacinamide)	25 mg	156%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	6.65 mg	391%
Folate (as Metafolin®, L-5-MTHF)	222 mcg DFE (133 mcg L-5-MTHF)	55%
Vitamin B ₁₂ (as methylcobalamin)	333 mcg	13,875%
Biotin	266 mcg	887%
Pantothenic acid (as calcium pantothenate) (B ₅)	16.5 mg	330%
Choline (as choline bitartrate)	6.6 mg	1%
Calcium (as calcium citrate)	66.5 mg	5%
Iodine (as potassium iodide)	66.5 mcg	44%
Magnesium (as magnesium citrate)	66.5 mg	16%
Zinc (as zinc citrate)	5 mg	45%
Selenium (as selenomethionine)	66.5 mcg	121%
Copper (as copper glycinate)	650 mcg	72%
Manganese (as manganese citrate)	650 mcg	28%
Chromium (as chromium polynicotinate)	66.5 mcg	190%
Potassium (as potassium phosphate)	33 mg	<1%
Boron (as boron glycinate)	650 mcg	*
Vanadium (as bis-glycinato oxo vanadium)	33 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	160 mcg	*
Inositol	16.5 mg	*
EnergizeATP Factors*		
Creatine monohydrate	250 mg	*
Coenzyme Q ₁₀	16.5 mg	*
Alpha ketoglutarate	16.5 mg	*
MuscleRestore Complex*		
N-Acetyl-L-Cysteine (free-form)	50 mg	*
Alpha lipoic acid (thioctic acid)	33 mg	*
L-Carnosine	16.5 mg	*
PowerProtect Antioxidants*		
PowerGrape® grape (<i>Vitis vinifera</i>) extract (whole fruit)	66.5 mg	*
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	20 mg	*
Green tea (<i>Camellia sinensis</i>) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



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