



Athletic Pure Pack

Comprehensive daily packet providing core nutrients, fish oil, antioxidants, glutamine, and energy cofactors including CoQ₁₀



Athletic Pure Pack

with Metafolin® L-5-MTHF

Gluten-free & Non-GMO

Dietary Supplement

30 PACKETS

Supplement Facts

Serving size 1 packet (9 capsules)
Servings per container 30

	Amount Per Serving	%DV
Calories	10	
Total Fat	1 g	1% [^]
Cholesterol	< 5 mg	< 2%
Vitamin A (as beta carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	1,125 mg	1,250%
Vitamin D (as cholecalciferol) (D ₂)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg	223%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	16.7 mg	1,285%
Niacin (as niacin and 67% niacinamide)	38 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10 mg	588%
Folate (as Metafolin®, L-5-MTHF) (200 mcg L-5-MTHF)	333 mcg DFE	83%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate
Contains fish (anchovies, sardines, mackerel)

Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	10 mg	2%
Calcium (as calcium citrate)	100 mg	8%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc citrate)	7.5 mg	68%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper glycinate)	1 mg	111%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%
Potassium (as potassium phosphate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinato oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	240 mcg	*
Inositol	25 mg	*
Creatine monohydrate	375 mg	*
Coenzyme Q ₁₀	145 mg	*
Alpha ketoglutarate	25 mg	*
N-Acetyl-L-Cysteine (free-form)	75 mg	*

Alpha lipoic acid (thioctic acid)	50 mg	*
L-Carnosine	25 mg	*
L-Glutamine (free-form)	850 mg	*
Branched chain amino acids providing:	1,200 mg	*
Leucine (free-form)	600 mg	*
Isoleucine (free-form)	300 mg	*
I-valine (free-form)	300 mg	*
PowerGrape® grape (<i>Vitis vinifera</i>) extract (whole fruit)	100 mg	*
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	30 mg	*
Green tea (<i>Camellia sinensis</i>) extract (leaf) (decaffeinated) (standardized to contain 70% epigallocatechin gallate (EGCG))	25 mg	*
Fish oil concentrate (from anchovies, sardines, mackerel) providing:	1,000 mg	*
EPA (eicosapentaenoic acid)	300 mg	*
DHA (docosahexaenoic acid)	200 mg	*

* Daily value (DV) not established
^ Percent daily values are based on a 2,000 calorie diet

PowerGrape® is a registered trademark of Naturex.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 packet daily (9 capsules), with a meal.

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.

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manufactured by: **Pure Encapsulations**
490 Boston Post Road, Sudbury, MA
1-800-753-2277 www.PureEncapsulations.com code: APP383 v2



Each packet contains

Athletic Nutrients | 3 vegetarian capsules

EPA/DHA essentials | 1 softgel capsule

BCAA (Branched Chain Amino Acids) | 2 vegetarian capsules

Ascorbic Acid | 1 vegetarian capsule

CoQ₁₀ | 1 vegetarian capsule

L-Glutamine | 1 vegetarian capsule