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Athletic Nutrients

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

Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement
120 CAPSULES

Supplement Facts

Serving size 2 capsules
Servings per container 60

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 mcg <1%
Boron (as boron glycinate)	650 mcg *
Vanadium (as bis-glycinato oxo vanadium)	33 mcg *
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	150 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-Carnitine	16.5 mg *
PowerProtect Antioxidants*	
Grape (Vitis vinifera) extract (whole fruit)	66.5 mg *
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	20 mg *
Green tea (Camellia sinensis) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg *

*Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate
Recommendations: As a dietary supplement, take 2 capsules, twice daily, with meals, or as directed by a health professional.

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.

STORE IN A COOL, DRY PLACE.

Keep out of the reach of children.

***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.**



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to accommodate required labeling.
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