

Amount Per Serving	% Daily Value	
Inositol	50 mg	*
Bioflavonoid Complex (from fruit)	30 mg	*
Betaine (as betaine hydrochloride)	20 mg	*
Plant Enzymes Blend (bromelain, papain)	20 mg	*
Boron (from boron amino acid chelate)	200 mcg	*
Vanadium (from vanadium amino acid chelate)	2 mcg	*
* Daily Value not established.		

Other ingredients: Vegetarian capsule (cellulose), potassium citrate, magnesium stearate (vegetable source), silica, rice bran.

Manufactured for: E-NutritionStore.com
Elkridge, MD 21075 443-483-3340

SUGGESTED USE: Take two capsules daily with food.
CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.
 OptiZinc® and ChromeMate® are registered trademarks of Interhealth, N.I.
 ^ SGS verified the process for manufacturing this product with no GMO ingredients. www.sgs.com/no-gmo
Store in a cool, dry place.
We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006



NUTRA
SPORT®



Iron Free

Performance Multi-Caps

Vitamins • Minerals
 Digestive Enzymes

Dietary Supplement

90 Vegetarian Capsules

Supplement Facts

Serving Size 2 Capsules
 Servings Per Container 45

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	1500 mcg RAE	167%
Vitamin C (as ascorbic acid)	125 mg	139%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Thiamine (from thiamine mononitrate)	50 mg	4,167%
Riboflavin	50 mg	3,846%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2,941%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	200 mcg	667%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	50 mg	9%
Calcium (from calcium carbonate)	150 mg	12%
Iodine (from potassium iodide and kelp)	100 mcg	67%
Magnesium (from magnesium citrate)	75 mg	18%
Zinc (from L-OptiZinc® monomethionine)	15 mg	136%
Selenium (from L-selenomethionine)	50 mcg	91%
Copper (from copper gluconate)	2 mg	222%
Manganese (from manganous carbonate)	2 mg	87%
Chromium (from ChromeMate® chromium polynicotinate)	50 mcg	143%
Molybdenum (as sodium molybdate)	10 mcg	22%