



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.

ALLERGEN FREE | VEGETARIAN | NON-GMO | GLUTEN FREE | BSE/TSE FREE
No Artificial Colors, Flavors, Wheat, Gluten, Dairy or Yeast

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). Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications. In case of accidental overdose call a doctor or poison control center immediately.



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Manufactured by NutraBio Labs, Inc.
564 Lincoln Blvd., Middlesex, NJ 08846
(732-748-8606) WWW.NUTRABIO.COM

†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.



MANUFACTURED IN A GMP & FDA INSPECTED FACILITY
FDA Registration: 16906175560



NUTRABIO®

DAILY ESSENTIALS FOR ATHLETES

MULTI SPORT

Men's Formula

MULTIVITAMIN-MINERAL FOR ATHLETIC MEN

Optimize Sports Performance† | **Essential** Vitamins & Minerals | **Advanced** Antioxidant Formula



30SERVINGS



Dietary Supplement | Vegetable Capsule



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Supplement Facts

Serving size: 4 vegetable capsules
Servings per container: 30

	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as beta carotene)	12,500 IU	250%*	Zinc (as TRAACS® zinc arginate chelate)	15 mg 100%*
Vitamin C (as ascorbic acid)	400 mg	667%*	Selenium (as Albion® selenium glycinate complex)	200 mcg 286%*
Vitamin D (as D-3 cholecalciferol)	1600 IU	400%*	Copper (as TRAACS® copper bisglycinate chelate)	3 mg 150%*
Vitamin E (as natural D-α-tocopheryl succinate)	400 IU	1333%*	Manganese (as TRAACS® manganese glycinate chelate)	10 mg 500%*
Vitamin K K-2 (80mcg) (as natural Mena-Q® MK7 (menaquinone-7)) K-1 (80 mcg) (as phytonadione)	160 mcg 200%*		Chromium (as TRAACS® chromium nicotinate glycinate chelate)	200 mcg 167%*
Thiamin (Vitamin B-1 as thiamine mononitrate)	100 mg 6667%*		Molybdenum (as TRAACS® molybdenum glycinate chelate)	120 mcg 160%*
Riboflavin (Vitamin B-2)	100 mg 5882%*		Potassium (as Calci K® calcium potassium phosphate citrate)	63 mg 2%*
Niacin (Vitamin B-3 as niacinamide)	100 mg 500%*		Alpha Lipoic Acid	100 mg †
Vitamin B-6 (as pyridoxine HCl)	100 mg 5000%*		N-Acetyl Cysteine (NAC)	100 mg †
Folate (as folic acid)	400 mcg 100%*		Choline Bitartrate	100 mg †
Vitamin B-12 (as methylcobalamin)	500 mcg 8333%*		Citrus Bioflavonoids	100 mg †
Biotin	300 mcg 100%*		Inositol	100 mg †
Pantothenic Acid (as calcium d-pantothenate)	100 mg 1000%*		Bioperine (as black pepper extract)	5 mg †
Calcium (as Calci K® calcium potassium phosphate citrate)	75 mg 8%*		Silica (as horsetail)	3 mg †
Iron (as Ferrochel® ferrous bisglycinate chelate)	8 mg 44%*		Boron (as Albion® bororganic glycine)	3 mg †
Phosphorus (as Calci K® calcium potassium phosphate citrate)	38 mg 4%*		Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	100 mcg †
Iodine (as potassium iodide)	150 mcg 100%*			
Magnesium (as TRAACS® di-magnesium malate)	100 mg 25%*			

† Daily Value (DV) not established.
* Percent Daily Value based on a 2000 calorie diet.

Other Ingredients: vegetable capsule.