



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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†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

Women's Formula

MULTIVITAMIN-MINERAL FOR ATHLETIC WOMEN

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
Vitamin A (as beta carotene)	9750 IU	195%*
Vitamin C (as ascorbic acid)	330 mg	550%*
Vitamin D (as D-3 cholecalciferol)	1600 IU	400%*
Vitamin E (as natural D-α-tocopheryl succinate)	300 IU	1000%*
Vitamin K K-2 (60 mcg) [as natural Mena-Q™ MK7 (menaquinone-7)] K-1 (60 mcg) [as phytonadione]	120 mcg	150%*
Thiamin (Vitamin B-1 as thiamine mononitrate)	92 mg	6133%*
Riboflavin (Vitamin B-2)	85 mg	5000%*
Niacin (Vitamin B-3 as niacinamide)	88 mg	440%*
Vitamin B-6 (as pyridoxine HCl)	100 mg	5000%*
Folate (as folic acid)	400 mcg	100%*
Vitamin B-12 (as methylcobalamin)	500 mcg	8333%*
Biotin	300 mcg	100%*
Pantothenic Acid (as calcium d-pantothenate)	100 mg	1000%*
Calcium (as Calci K® calcium potassium phosphate citrate)	100 mg	10%*
Iron (as Ferrochel® ferrous bisglycinate chelate)	18 mg	100%*
Phosphorus (as Calci K® calcium potassium phosphate citrate)	50 mg	5%*
Iodine (as potassium iodide)	150 mcg	100%*
Magnesium (as TRAACS® di-magnesium malate)	100 mg	25%*
Zinc (as TRAACS® zinc arginate chelate)	15 mg	100%*
Selenium (as Albion® selenium glycinate complex)	200 mcg	286%*
Copper (as TRAACS® copper bisglycinate chelate)	3 mg	150%*
Manganese (as TRAACS® manganese glycinate chelate)	8 mg	400%*
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	140 mcg	117%*
Molybdenum (as TRAACS® molybdenum glycinate chelate)	120 mcg	160%*
Potassium (as Calci K® calcium potassium phosphate citrate)	83 mg	2%*
Alpha Lipoic Acid	100 mg	†
N-Acetyl Cysteine (NAC)	100 mg	†
Choline Bitartrate	100 mg	†
Citrus Bioflavonoids	100 mg	†
Inositol	100 mg	†
Bioperine (as black pepper extract)	5 mg	†
Silica (as horsetail)	4 mg	†
Boron (as Albion® bororganic glycine)	3 mg	†
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	100 mcg	†

† Daily Value (DV) not established.

* Percent Daily Value based on a 2000 calorie diet.

Other Ingredients: vegetable capsule.