



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.

VEGETARIAN | ALLERGEN FREE | 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). Vitamin K2 may counteract the effects of anticoagulation therapy, and therefore is not recommended for patients on blood-thinning medications.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. 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 OUR
GMP & FDA
INSPECTED FACILITY



NUTRABIO

DAILY ESSENTIALS FOR ATHLETES

MULTI SPORT

Women's Formula

MULTIVITAMIN-MINERAL FOR ATHLETIC WOMEN

Optimize
Sports Performance[†]

Essential
Vitamins & Minerals

Advanced
Antioxidant Formula



30 SERVINGS



Dietary Supplement | Vegetable Capsule

MADE IN OUR
GMP
— & —
FDA
INSPECTED
FACILITY

FDA Registration: 14366172060

Supplement Facts

Serving size: 4 vegetable capsules
Servings per container: 30

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

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

Other Ingredients: vegetable capsule.