



Athletic Pure Pack

Comprehensive daily packet providing core nutrients, fish oil, antioxidants, glutamine, and energy cofactors including CoQ₁₀ and Kre-Alkalyn®†



Athletic Pure Pack with Metafolin® L-5-MTHF

Gluten-free & Non-GMO
Dietary Supplement
30 PACKETS

Supplement Facts

Serving size 1 packet (9 capsules)
Servings per container 30

	Amount Per Serving	%DV
Calories	10	
Total Fat	1 g	1% [^]
Cholesterol	< 5 mg	< 2% [^]
Vitamin A (as beta carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	1,125 mg	1,250%
Vitamin D (as cholecalciferol (D ₃))	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg	223%
Vitamin K (as vitamin K ₁)	50 mcg	42%
Thiamin (as thiamin HCl) (B ₁)	12.5 mg	1,042%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	16.7 mg	1,285%
Niacin (as niacin and 67% niacinamide)	38 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10 mg	588%
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)	83%

Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate
Contains fish (anchovies, sardines, mackerel)

Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Choline (as choline bitartrate)	10 mg	2%
Calcium (as calcium citrate)	100 mg	8%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc citrate)	7.5 mg	88%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper glycinate)	1 mg	111%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	100 mcg	286%
Potassium (as potassium phosphate)	50 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as bis-glycinate oxo vanadium)	50 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	289 mcg	*
Inositol	25 mg	*
Kre-Alkalyn® (pH balanced creatine)	1,375 mg	*
Coenzyme Q ₁₀	145 mg	*

* Daily values not established
[^] Percent daily values are based on a 2,000 calorie diet

Alpha ketoglutarate	25 mg	*
N-Acetyl-L-Cysteine (free-form)	75 mg	*
Alpha lipoic acid (thioctic acid)	50 mg	*
L-Carnitine	25 mg	*
L-Glutamine (free-form)	1,000 mg	*
PowerGrape® grape (<i>Vitis vinifera</i>) extract (whole fruit)	100 mg	*
Superfruit antioxidant blend (from acerola berry, camu camu fruit, quercetin, acai berry, mangosteen fruit and green coffee whole fruit concentrate)	25 mg	*
Green tea (Camellia sinensis) extract (leaf) (decaffeinated) (standardized to contain 10% epigallocatechin gallate (EGCG))	25 mg	*
Fish oil concentrate (from anchovies, sardines, mackerel) providing EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)	1,000 mg 300 mg 200 mg	*

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Dietary Supplement
30 PACKETS

Gluten-free & Non-GMO
Comprehensive daily packet providing core nutrients, fish oil, antioxidants, including CoQ₁₀ and Kre-Alkalyn®

Athletic Pure Pack



Each packet contains

- Athletic Nutrients | 3 vegetarian capsules
- EPA/DHA essentials | 1 softgel capsule
- Kre-Alkalyn® (pH balanced creatine) | 2 vegetarian capsules
- Ascorbic Acid | 1 vegetarian capsule
- CoQ₁₀ | 1 vegetarian capsule
- L-Glutamine | 1 vegetarian capsule

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 packet daily (9 capsules), with a meal.
Warning: 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.

Keep out of the reach of children.

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Kre-Alkalyn® is a registered trademark of Biochemical Research and Development Laboratory (BRAD). Kre-Alkalyn® is a US-patented product (US Patent 6,399,967).

KANEX® Kanexa Q10® is a trademark of Kanexa Corporation.

Scan to learn about our ingredients

This product was tested for purity. Do not use if box or contents are open or damaged. Contents subject to packaging in order to expedite request labeling. Please refer to label for details.

Manufactured by **Pure Encapsulations**
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