



# Athletic Pure Pack

Comprehensive daily packet providing core nutrients, fish oil, antioxidants, glutamine, and energy cofactors including CoQ<sub>10</sub> 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% <sup>^</sup>
Cholesterol	< 5 mg	< 2% <sup>^</sup>
Vitamin A (as beta carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	1,125 mg	1,250%
Vitamin D (as cholecalciferol (D <sub>3</sub> ))	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg	223%
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg	42%
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg	1,042%
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	16.7 mg	1,285%
Niacin (as niacin and 67% niacinamide)	38 mg	234%
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	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 <sub>12</sub> (as methylcobalamin)	500 mcg	20,833%	Alpha ketoglutarate	25 mg	*
Biotin	400 mcg	1,333%	N-Acetyl-L-Cysteine (free-form)	75 mg	*
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg	500%	Alpha lipoic acid (thioctic acid)	50 mg	**
Choline (as choline bitartrate)	10 mg	2%	L-Carnitine	25 mg	**
Calcium (as calcium citrate)	100 mg	8%	L-Glutamine (free-form)	1,000 mg	*
Iodine (as potassium iodide)	100 mcg	67%	PowerGrape® grape (Vitis vinifera) extract (whole fruit)	100 mg	*
Magnesium (as magnesium citrate)	100 mg	24%	Superfruit antioxidant blend (from acerola berry, camu camu fruit, quercetin, acai berry, mangosteen fruit and green coffee whole fruit concentrate)	25 mg	*
Zinc (as zinc citrate)	7.5 mg	88%	Green tea (Camellia sinensis) extract (leaf) (decaffeinated) (standardized to contain 10% epigallocatechin gallate (EGCG))	25 mg	*
Selenium (as selenomethionine)	100 mcg	182%	Fish oil concentrate (from anchovies, sardines, mackerel) providing EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)	1,000 mg	*
Copper (as copper glycinate)	1 mg	111%		300 mg	*
Manganese (as manganese citrate)	1 mg	43%		200 mg	*
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 <sub>10</sub>	145 mg	*			*

PowerGrape® is a registered trademark of the "Acife Innovations" division of Nature's Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

\*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.

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Dietary Supplement  
Gluten-free & Non-GMO  
Comprehensive daily packet providing core nutrients, fish oil, antioxidants, including CoQ<sub>10</sub> 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  
CoQ<sub>10</sub> | 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).  
KANEKA® Kaneka Q10® is a trademark of Kaneka Corporation.



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