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STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules, twice daily, with meals, or as directed by a health professional.

Warning: Take with food. If you have liver problems, consult your health professional before use. 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.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**



Scan to learn about our hypoallergenic supplements

Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

pure
encapsulations®

Athletic Nutrients

With Metafolin® L5-MTHF, Multivitamin/mineral complex for physical training and performance!

Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement
180 CAPSULES



Supplement Facts

	Amount Per Serving	% DV*
Serving size: 2 capsules		
Servings per container: 90		
Vitamin A (as beta carotene)	1,000 mcg	111%
Vitamin C (as ascorbic acid)	83 mg	92%
Vitamin D (as cholecalciferol) (D3)	8.3 mcg (333 IU)	42%
Vitamin E (as d-alpha tocopherol succinate)	22 mg	147%
Vitamin K (as vitamin K1)	33 mcg	26%
Thiamin (as thiamin-HCl) (B1)	8 mg	667%
Riboflavin (as vitamin B2 and 28% riboflavin 5'-phosphate lactated B2)	11.1 mg	854%
Niacin (as niacin and 67% niacinamide)	25 mg	156%
Vitamin B6 (as pyridoxine HCl and 40% pyridoxal 5'-phosphate lactated B6)	6.65 mg	391%
Folate (as Metafolin®, L5-MTHF)	222 mcg DFE (133 mcg L5-MTHF)	55%
Vitamin B12 (as methylcobalamin)	333 mcg	13,875%
Biotin	266 mcg	887%
Pantothenic acid (as calcium pantothenate) (B5)	16.5 mg	330%
Choline (as choline bitartrate)	6.6 mg	1%
Calcium (as calcium citrate)	66.5 mg	5%
Iodine (as potassium iodide)	66.5 mcg	44%
Magnesium (as magnesium citrate)	66.5 mg	16%
Zinc (as zinc citrate)	5 mg	45%
Selenium (as selenomethionine)	66.5 mcg	121%
Copper (as copper glycinate)	650 mcg	72%
Manganese (as manganese citrate)	650 mcg	28%
Chromium (as chromium polynicotinate)	66.5 mcg	190%
Potassium (as potassium phosphate)	33 mg	<11%
Boron (as boron glycinate)	650 mcg	*
Vanadium (as bis-glycinate oxo vanadium)	33 mcg	*
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	192 mcg	*
Inositol	16.5 mg	*
EnergoZATP Factors†		
Creatine monohydrate	250 mg	*
Coenzyme Q10	16.5 mg	*
Alpha tocopherolate	16.5 mg	*
MuscleTetore Complex†		
N-Acetyl-L-Cysteine (free-form)	50 mg	*
Alpha lipoic acid (thioctic acid)	33 mg	*
L-Carnosine	16.5 mg	*
PowerProtect Antioxidants†		
PowerGrape® grape Vitis vinifera extract (whole fruit)	66.5 mg	*
Superfruit antioxidant blend (from acai berry, pomegranate fruit, açaiola fruit, and quercetin)	20 mg	*
Green tea (Camellia sinensis) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg	*

*Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



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Manufactured by: **Pure Encapsulations**
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code: **ATN21**

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