

**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.

## GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, Allergen Free, No Artificial Color, Flavor or Sweetener, No Preservatives, No Starch, No Sugar, No Soy, No Wheat, No Yeast, No Fish, No Milk, Sodium Free.

**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. Discontinue use two weeks prior to surgery.



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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.

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MANUFACTURED IN OUR  
**GMP & FDA**  
INSPECTED FACILITY  
FDA Registration: 16906175560

# NUTRABIO

## DAILY ESSENTIALS FOR ATHLETES

# MULTI SPORT

## Men's Formula

### MULTIVITAMIN-MINERAL FOR ATHLETIC MEN

**Optimize** | **Essential** | **Advanced**  
Sports Performance<sup>†</sup> | Vitamins & Minerals | Antioxidant Formula

120  
Veggie Capsules | Vitamin Supplement



## Supplement Facts

Serving size: 4 vegetable capsules

Servings per container: 30

	Amount Per Serving	% DV		Amount Per Serving	% DV
<b>Vitamin A</b> (as beta carotene)	3000 mcg	330%*	<b>Zinc</b>	15 mg	140%*
<b>Vitamin C</b> (as ascorbic acid)	400 mg	440%*	(as TRAACS® zinc arginate chelate)		
<b>Vitamin D</b> (Vitamin D-3)(as cholecalciferol)	40 mcg (1600 IU)	200%*	<b>Selenium</b>	200 mcg	360%*
<b>Vitamin E</b> (as natural D-alpha-tocopherol succinate)	180 mg	1200%*	(as TRAACS® selenium glycinate complex)		
<b>Vitamin K</b> K-2 (80 mcg) [as natural Mena-Q™ MK7 (menaquinone-7)] K-1 (80 mcg) [as phytonadione]	160 mcg	130%*	<b>Copper</b>	3 mg	330%*
<b>Thiamin</b> (Vitamin B-1)(as thiamine mononitrate)	100 mg	8330%*	(as TRAACS® copper bisglycinate chelate)		
<b>Riboflavin</b> (Vitamin B-2)(as Riboflavin 5-phosphate sodium)	100 mg	7690%*	<b>Manganese</b>	10 mg	430%*
<b>Niacin</b> (Vitamin B-3)(as niacinamide)	100 mg NE	625%*	(as TRAACS® manganese glycinate chelate)		
<b>Vitamin B-6</b> (as pyridoxal 5-phosphate)	25 mg	1470%*	<b>Chromium</b>	200 mcg	570%*
<b>Folate</b> 680 mcg DFE (400 mcg folic acid)		170%*	(as TRAACS® chromium nicotinate glycinate chelate)		
<b>Vitamin B-12</b> (as methylcobalamin)	500 mcg	20830%*	<b>Molybdenum</b>	120 mcg	270%*
<b>Biotin</b> (Vitamin B-7)(as D-biotin)	300 mcg	1000%*	(as TRAACS® molybdenum glycinate chelate)		
<b>Pantothenic Acid</b> (Vitamin B-5)(as calcium d-pantothenate)	100 mg	2000%*	<b>Potassium</b>	65 mg	2%*
<b>Calcium</b> (as Calci K® calcium potassium phosphate citrate)	75 mg	6%*	(as Calci-K® calcium potassium phosphate citrate)		
<b>Iron</b> (as Ferrochel® ferrous bisglycinate chelate)	8 mg	45%*	<b>Citrus Bioflavonoids</b>	200 mg	†
<b>Phosphorus</b> (as Calci K® calcium potassium phosphate citrate)	38 mg	4%*	<b>Alpha Lipoic Acid</b>	100 mg	†
<b>Iodine</b> (as potassium iodide)	150 mcg	100%*	<b>Choline Bitartrate</b> (VitaCholine®)	100 mg	†
<b>Magnesium</b> (as TRAACS® di-magnesium malate)	100 mg	25%*	<b>Inositol</b>	100 mg	†
			<b>BioPerine®</b>	5 mg	†
			(Black Pepper Extract)(standardized to 95% piperine)		
			<b>Silica</b> (as horsetail)	4 mg	†
			<b>Boron</b> (as TRAACS® bororganic glycine)	3 mg	†
			<b>Vanadium</b>	10 mcg	†
			(as TRAACS® vanadium nicotinate glycinate chelate)		

Other Ingredients: vegetable capsule.

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

STORE IN A COOL DRY PLACE.

PRODUCT FILLED TO THIS LEVEL