

Suggested Use: Take 4 capsules daily with meals. For best results, take 2 capsules with breakfast and 2 capsules with dinner.

Warning: KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PREGNANT OR NURSING. NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. Consult a physician before use if you have a medical condition or are taking any medication. Discontinue use two weeks prior to surgery. 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.

GLUTEN FREE | NO ADDED COLOR, FLAVOR, SWEETENER OR PRESERVATIVES



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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.

WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.



MANUFACTURED IN OUR
GMP & FDA
INSPECTED FACILITY



NUTRABIO®

DAILY ESSENTIALS FOR ATHLETES

MULTI SPORT

Women's Formula

VITAMIN, MINERAL & ANTIOXIDANT SUPPORT
FOR OPTIMIZED HEALTH & PERFORMANCE†

120 Capsules
(30 Servings)

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 4 vegetarian capsules

Servings Per Container: 30

	Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as beta carotene)	2,925 mcg	325%	Magnesium (as TRAACS® di-magnesium malate)	50 mg 12%
Vitamin C (as ascorbic acid)	250 mg	278%	Zinc (as TRAACS® zinc arginate chelate)	15 mg 136%
Vitamin D (Vitamin D-3)(as cholecalciferol)	75 mcg (3,000 IU)	375%	Selenium (as TRAACS® selenium glycinate complex)	200 mcg 364%
Vitamin E (as natural D-alpha-tocopherol succinate)	135 mg (300 IU)	900%	Copper (as TRAACS® copper bisglycinate chelate)	3 mg 333%
Vitamin K K-2 (80 mcg) [as natural Mena-Q™ MK7 (menaquinone-7)] K-1 (80 mcg) [as phytonadione]	120 mcg	100%	Manganese (as TRAACS® manganese glycinate chelate)	8 mg 348%
Thiamin (Vitamin B-1)(as thiamine mononitrate)	92 mg	7,667%	Chromium (as TRAACS® chromium nicotinate glycinate chelate)	140 mcg 400%
Riboflavin (Vitamin B-2)(Riboflavin 5-phosphate sodium)	85 mg	6,538%	Molybdenum (as TRAACS® molybdenum glycinate chelate)	120 mcg 267%
Niacin (Vitamin B-3)(as niacinamide)	88 mg NE	550%	Potassium (as Calci-K® calcium potassium phosphate citrate)	83 mg 2%
Vitamin B-6 (as pyridoxal 5-phosphate)	25 mg	1,471%	Citrus Bioflavonoids	100 mg †
Folate 680 mcg DFE (400 mcg folic acid)		170%	Alpha Lipoic Acid	100 mg †
Vitamin B-12 (as methylcobalamin)	500 mcg	20,833%	Inositol	100 mg †
Biotin (Vitamin B-7)(as D-biotin)	300 mcg	1,000%	BioPerine® (Black pepper extract (Piper nigrum) (fruit))	5 mg †
Pantothenic Acid (Vitamin B-5)(as calcium d-pantothenate)	100 mg	2,000%	Silica (as horsetail)	4 mg †
Choline (as choline L(+)-bitartrate [VitaCholine®])	82 mg	15%	Boron (as TRAACS® bororganic glycine)	3 mg †
Calcium (as Calci K® calcium potassium phosphate citrate)	100 mg	8%	Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	10 mcg †
Iron (as Ferrochel® ferrous bisglycinate chelate)	18 mg	100%		
Phosphorus (as Calci K® calcium potassium phosphate citrate)	50 mg	4%		
Iodine (as potassium iodide)	150 mcg	100%		

Other Ingredients: vegetarian capsule (hypromellose, water).

STORE IN A COOL DRY PLACE.



Manufactured by: NutraBio Labs, Inc. 564 Lincoln Blvd., Middlesex, NJ 08846 (732-748-8606)

Processed in a facility and/or manufacturing line that also produces milk, tree nuts and nuts.

Product filled to this level.