

# Athletic Nutrients

With Metafolin® L-5-MTHF; multivitamin/mineral complex for physical training and performance<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Physical training and performance support<sup>†</sup>

## BENEFITS

- Supports physical training and performance<sup>†</sup>
- Promotes muscle function and recovery<sup>†</sup>
- Supports healthy tendons, ligaments and joints<sup>†</sup>
- Supports antioxidant defenses<sup>†</sup>

## FEATURES

- Activated vitamins and mineral chelates for optimal absorption
- Offers Metafolin® L-5-MTHF, the naturally occurring universally metabolized form of folate
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Athletic Nutrients is a complete, highly bioavailable multivitamin, multi-mineral and trace element supplement designed for physically active individuals and athletes. The formula combines bioavailable minerals, activated vitamins, antioxidants and pH-balanced creatine to support energy and endurance, and lessen muscle fatigue. Potassium, calcium and magnesium are included to support healthy muscle function.<sup>1</sup> Copper, manganese, selenium and zinc help to maintain healthy tendons, ligaments and joints.<sup>2</sup> Creatine monohydrate supports ATP regeneration and enhances work output in activities such as weightlifting and sprinting.<sup>3</sup> NAC, alpha lipoic acid and l-carnosine support muscle recovery and comfort. In a placebo-controlled, high intensity exercise study, NAC promoted a healthy cytokine balance and supported muscle comfort.<sup>4†</sup>

## SUGGESTED USE

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

## STORAGE

Store in a cool, dry place.

## 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.

## SOURCE

- Mixed carotenoids: *Blakeslea trispora*
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)
- Vitamin E: soybean oil
- Vitamin K<sub>1</sub>: synthetic
- Vitamin B<sub>1</sub> (thiamine HCl): synthetic
- Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation
- Niacinamide and Niacin: synthetic
- Vitamin B<sub>5</sub> (calcium pantothenate): synthetic
- Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic
- Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation
- Folic acid (Metafolin®, L-5-MTHF): synthetic
- Biotin: synthetic
- Minerals: naturally derived from limestone

Sources of the mineral chelates include:

- Citrate: corn dextrose fermentation
- Glycinate: synthetic
- Mixed carotenoid profile typically contains 2,000 mcg beta carotene, 112 mcg lycopene, 223 mcg lutein and 50 mcg zeaxanthin
- Kre-Alkalyn® (pH balanced creatine) is synthetic
- Natural coenzyme Q<sub>10</sub> is derived from fermentation
- Alpha ketoglutarate, alpha lipoic acid and l-carnosine are synthetic
- N-acetyl-l-cysteine is derived from duck feather

# Athletic Nutrients

With Metafolin® L-5-MTHF; multivitamin/mineral complex for physical training and performance<sup>†</sup>

- PowerGrape® extract is derived from *Vitis vinifera* whole fruit and standardized to contain 85% total polyphenols
- Superfruit antioxidant blend is from acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate
- Decaffeinated green tea extract is derived from *Camellia sinensis* leaf and standardized to contain 70% epigallocatechin gallate (EGCG)

## NOTES

Size 00 caps

Bottle count 180

Order code ATN21

Bottle size 20 oz

## REFERENCES

1. Shils ME, Olson JA, Shike M, Ross AC. *Lippincott Williams & Wilkins*. 1999. 9; 114-119.
2. S Berger MM, Baines M, Raffoul W, et al. *Am J Clin Nutr*. 2007 May;85(5):1293-300.
3. Slowinska-Lisowska M, et al. *Acta Physiol Hung*. 2014 Dec;101(4):461-70.
4. Silva LA, et al. *Int J Sport Nutr Exerc Metab*. 2008 Aug;18(4):379-88.

## SUPPLEMENT FACTS

**2 capsules, twice daily, with meals, or as directed by a health professional.**

**Two (size 00) vegetarian capsules contain:**

Vitamin A (as beta carotene)	1,000 mcg
Vitamin C (as ascorbic acid)	83 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	8.3 mcg (333 IU)
Vitamin E (as d-alpha tocopherol succinate)	22 mg
Vitamin K (as vitamin K <sub>1</sub> )	33 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	8 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	11.1 mg
Niacin (as niacin and 67% niacinamide)	25 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	6.65 mg
Folate (as Metafolin®, L-5-MTHF)	222 mcg DFE (133 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	333 mcg
Biotin	266 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	16.5 mg
Choline (as choline bitartrate)	6.6 mg
Calcium (as calcium citrate)	66.5 mg
Iodine (as potassium iodide)	66.5 mcg
Magnesium (as magnesium citrate)	66.5 mg
Zinc (as zinc citrate)	5 mg
Selenium (as selenomethionine)	66.5 mcg
Copper (as copper glycinate)	650 mcg
Manganese (as manganese citrate)	650 mcg
Chromium (as chromium polynicotinate)	66.5 mcg
Potassium (as potassium phosphate)	33 mg
Boron (as boron glycinate)	650 mcg
Vanadium (as bis-glycinato oxo vanadium)	33 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	192 mcg
Inositol	16.5 mg

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## EnergizeATP Factors<sup>†</sup>

Creatine monohydrate	250 mg
Coenzyme Q <sub>10</sub>	16.5 mg
Alpha ketoglutarate	16.5 mg

## MuscleRestore Complex<sup>†</sup>

N-Acetyl-L-cysteine (free-form)	50 mg
Alpha lipoic acid (thioctic acid)	33 mg
L-Carnosine	16.5 mg

## PowerProtect Antioxidants<sup>†</sup>

PowerGrape® grape ( <i>Vitis vinifera</i> ) extract (whole fruit)	66.5 mg
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	20 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (decaffeinated) (providing 70% epigallocatechin gallate (EGCG))	16.5 mg

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

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Athletic Nutrients	Quantity	Order Code
	180	ATN21

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<sup>†</sup>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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