



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.

NON-GMO | GLUTEN FREE | BSE/TSE 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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MULTI SPORT

Men's Formula

MULTIVITAMIN-MINERAL FOR ATHLETIC MEN

Optimize | **Essential** | **Advanced**
Sports Performance† | Vitamins & Minerals | Antioxidant Formula



120
V-Caps
Vitamin
Supplement

Supplement Facts

Serving size: 4 vegetable capsules
Servings per container: 30

	Amount Per Serving	% DV		Amount Per Serving	% DV
Vitamin A (as beta carotene)	10,000 IU	200%*	Zinc	15mg	100%*
Vitamin C (as ascorbic acid)	400mg	670%*	(as TRAACS® zinc arginate chelate)		
Vitamin D (as D-3 cholecalciferol)	1600 IU	400%*	Selenium	200mcg	290%*
Vitamin E	400 IU	1330%*	(as Albion® selenium glycinate complex)		
(as natural D-α-tocopheryl succinate)			Copper	3mg	150%*
Vitamin K	160mcg	200%*	(as TRAACS® copper bisglycinate chelate)		
K-2 (80mcg) [as natural Mena-Q® MK7 (menaquinone-7)]			Manganese	10mg	500%*
K-1 (80 mcg) [as phytonadione]			(as TRAACS® manganese glycinate chelate)		
Thiamin	100mg	6667%*	Chromium	200mcg	170%*
(Vitamin B-1 as thiamine mononitrate)			(as TRAACS® chromium nicotinate glycinate chelate)		
Riboflavin (Vitamin B-2)	100mg	5880%*	Molybdenum	120mcg	160%*
Niacin (Vitamin B-3 as niacinamide)	100mg	500%*	(as TRAACS® molybdenum glycinate chelate)		
Vitamin B-6 (as pyridoxine HCl)	100mg	5000%*	Potassium	65mg	2%*
Folate (as folic acid)	400mcg	100%*	(as Calci K® calcium potassium phosphate citrate)		
Vitamin B-12	500mcg	8330%*	Alpha Lipoic Acid	100mg	†
(as methylcobalamin)			N-Acetyl Cysteine (NAC)	100mg	†
Biotin	300mcg	100%*	Choline Bitartrate (VitaCholine®)	100mg	†
Pantothenic Acid	100mg	1000%*	Citrus Bioflavonoids	100mg	†
(as calcium d-pantothenate)			Inositol	100mg	†
Calcium	75mg	8%*	Silica (as horsetail)	3mg	†
(as Calci K® calcium potassium phosphate citrate)			Boron (as Albion® bororganic glycine)	3mg	†
Iron	8mg	45%*	Vanadium	10mcg	†
(as Ferrochel® ferrous bisglycinate chelate)			(as TRAACS® vanadium nicotinate glycinate chelate)		
Phosphorus	38mg	4%*			
(as Calci K® calcium potassium phosphate citrate)					
Iodine (as potassium iodide)	150mcg	100%*			
Magnesium	100mg	25%*			
(as TRAACS® di-magnesium malate)					

Other Ingredients: vegetable capsule.

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

STORE IN A COOL DRY PLACE.