



JYM
supplement science

VITA

WARNINGS: Do not use if you are under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. Discontinue two weeks prior to surgery.

KEEP OUT OF REACH OF CHILDREN.

Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose call a doctor or poison control center immediately.

*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.

BIOPERINE®

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,585, EP0810868, JP3953513 and CA2247467.

120mcg

VITAMIN K2
PER SERVING

500mcg

VITAMIN B12
PER SERVING

200mcg

CHROMIUM FROM
CHROMIUM PICOLINATE
PER SERVING

MULTI-VITAMIN

MICRONUTRIENT FORMULA FOR
ATHLETES TO HELP SUPPORT
OVERALL HEALTH AND WELL-BEING*

DIETARY SUPPLEMENT

60 TABLETS

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	3,000mcg 333%	Selenium (as Sodium Selenate)	200mcg 364%
Vitamin C (as Ascorbic Acid)	250mg 278%	Copper (as Copper Gluconate)	3mg 333%
Vitamin E (as d-alpha Tocopheryl Succinate)	268mg 1787%	Manganese (as Manganese Gluconate)	2.3mg 100%
Thiamin (as Thiamin Mononitrate)	100mg 8333%	Chromium (as Chromium Picolinate)	200mcg 571%
Riboflavin (Vitamin B2)	100mg 7692%	Molybdenum (as Sodium Molybdate)	45mcg 100%
Niacin (Niacinamide)	100mg 625%	Potassium (as Potassium Citrate)	100mg 2%
Vitamin B6 (as Pyridoxine Hydrochloride)	100mg 5882%	Black Pepper (<i>Piper nigrum</i>) Fruit Extract (as BioPerine®)	5mg †
Folate (400 mcg Folic Acid)	680mcg DFE 170%	Boron (as Amino Acid Chelate)	3mg †
Vitamin B12 (as Cyanocobalamin)	500mcg 20833%	Silicon Dioxide	2mg †
Biotin	300mcg 1000%	Vitamin K2 [as Menaquinone-7 (MK-7) (K2VITAL®) and Menaquinone-4 (MK-4)]	120mcg †
Pantothenic Acid (as Calcium d-Pantothenate)	100mg 2000%	Vanadium (as Amino Acid Chelate)	10mcg †
Iron (as Ferrous Fumarate)	18mg 100%	Nickel (as Nickel Sulfate)	5mcg †
Iodine (as Potassium Iodide)	150mcg 100%		
		† Daily Value not established	

OTHER INGREDIENTS: Cellulose, Stearic Acid Vegetable Source, Magnesium Stearate Vegetable Source, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Polyethylene Glycol.

DIRECTIONS: Take 2 tablets with a meal such as breakfast every day.

K2VITAL®

K2VITAL® is a registered trademark of Koppa Bioscience AS.

DISTRIBUTED BY: PHO Fitness, 31300 Via Colinas #101
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