What Is It?
Athletic Nutrients is designed to support physical training and performance. It is a complete hypoallergenic, nutrient rich, highly bioavailable multi-vitamin, multi-mineral and trace element supplement. The formula combines superior mineral cofactors, activated vitamins, antioxidants and pH balanced creatine to target endurance, energy and lessen muscle fatigue.*

Indications
• Support for athletic training and physical performance*

Vitamin/Mineral Distinctions:
• High potency, hypoallergenic, vegetarian formula
• Activated vitamins and superior mineral chelates for optimal absorption*
• 266 mcg Metafolin® (6S)-5-methyltetrahydrofolic acid (L-5-MTHF), the naturally occurring universally metabolized form of folate*
• Potassium phosphate combined with calcium and magnesium for healthy muscle function*
• Copper, manganese, selenium and zinc for healthy tendons, ligaments and joints*

Special Features:
EnergizeATP Factors
• Kre-Alkalyn® pH balanced creatine has an enhanced stability profile allowing lower optimal dosing. Research involving endurance athletes and professional athletes indicates that it enhances ATP production and performance in working muscle, as well as lessens muscle soreness due to lactic acid.*
• CoQ_{10} is a component of the mitochondria and plays a key role in the synthesis of ATP. In a double-blind crossover study involving Finnish top-level cross-country skiers, CoQ_{10} supported physical performance.*
• Krebs cycle intermediate alpha ketoglutarate acts as a key substrate for energy production, helping maximize fat and carbohydrate utilization. Studies have revealed that alpha ketoglutarate may also help muscle protein synthesis and recovery.*

MuscleRestore Complex
• Lessens muscle soreness and fatigue with n-acetyl-L-cysteine (NAC), alpha lipoic acid and L-carnosine. In a placebo-controlled high intensity exercise study, NAC promoted a healthy cytokine balance and lessened muscle soreness.*

PowerProtect Antioxidants
• Protects muscles from oxidative stress with PowerGrape®, green tea and polyphenols from mangosteen, açai, noni, pomegranate and quebracho extract.*
• PowerGrape® promoted plasma antioxidant capacity during competition and supported performance in a randomized, double-blind, placebo-controlled crossover trial involving athletes. In another study involving 11 sportsmen, PowerGrape® promoted endogenous vitamin C, ubiquinone and reduced glutathione levels.*

What Is The Source?
The nutrients found in Athletic Nutrients are derived from the following:
Mixed carotenoids: Blakeslea trispora
Lycopene: natural tomato concentrate
Lutein: marigold flower extract
Zeaxanthin: synthetic
Vitamin C: corn dextrose fermentation
Vitamin D_{3}: cholesterol from wool fat (lanolin)
Vitamin E: soybean oil
Vitamin K_{1}: synthetic
Vitamin B_{1} (thiamine HCl): synthetic
Vitamin B_{2} (riboflavin): corn dextrose fermentation
Niacinamide and Niacin: synthetic
Vitamin B_{6} (calcium pantothenate): synthetic
Vitamin B_{12} (pyridoxal HCl): synthetic
Biotin: synthetic
Minerals: naturally derived from limestone
Sources of the mineral chelates include:
Citrate: corn dextrose fermentation
Glycinate: synthetic

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Product Information Sheet - May 2015
Athletic Nutrients
with Metafolin® L-5-MTHF
Introduced 2009
(continued)
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 Q₁₀ is derived from fermentation. Alpha ketoglutarate, alpha lipoic acid and l-carnosine are synthetic. N-acetyl-l-cysteine is derived from duck feather. 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, açaii, mangosteen and green coffee concentrate. Decaffeinated green tea extract is derived from Camellia sinensis leaf and standardized to contain 70% epigallocatechin gallate (EGCG).

There is no detectable GMO material in this product.

Recommendations
Pure Encapsulations recommends 4 capsules daily, in divided doses, with meals, or as directed by a health professional.

Are There Any Potential Side Effects Or Precautions?
Rarely, some ingredients have been associated with mild gastrointestinal upset, nausea, vomiting, diarrhea or constipation. Green tea or alpha lipoic acid can cause headache in sensitive individuals. Creatine can cause muscle cramping. Creatine supplementation may be contraindicated for individuals with kidney disease. One case report of creatine supplementation has been related to each of the following: atrial fibrillation, dermatitis and acute interstitial nephritis. Consult your physician for more information.

Are There Any Potential Drug Interactions?
COQ₁₀, green tea and grape extract may be contraindicated with blood thinning medications. n-Acetyl-l-cysteine is contraindicated with nitroglycerin. Individuals taking anti-diabetes medications with alpha lipoic acid may need to have their blood glucose levels monitored. Consult your physician for more information.

Athletic Nutrients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>vitamin A (as beta carotene)</td>
<td>6,666 iu</td>
</tr>
<tr>
<td>vitamin C (as ascorbic acid)</td>
<td>166 mg</td>
</tr>
<tr>
<td>vitamin D (as cholecalciferol (D₃)</td>
<td>666 iu</td>
</tr>
<tr>
<td>vitamin E (as d-alpha tocopherol</td>
<td>66 iu</td>
</tr>
<tr>
<td>vitamin K (as vitamin K₃)</td>
<td>66 mcg</td>
</tr>
<tr>
<td>thiamin (as thiamin HCl) (B₁)</td>
<td>16 mg</td>
</tr>
<tr>
<td>riboflavin (vitamin B₂)</td>
<td>16 mg</td>
</tr>
<tr>
<td>niacin (as niacin and 67% niacinamide)</td>
<td>50 mg</td>
</tr>
<tr>
<td>vitamin B₆ (as pyridoxine HCl)</td>
<td>8 mg</td>
</tr>
<tr>
<td>folate (as Metafolin®, L-5-MTHF)</td>
<td>266 mcg</td>
</tr>
<tr>
<td>vitamin B₉ (as methylcobalamin)</td>
<td>666 mcg</td>
</tr>
<tr>
<td>biotin</td>
<td>533 mcg</td>
</tr>
<tr>
<td>pantotenic acid (as calcium</td>
<td>33 mcg</td>
</tr>
<tr>
<td>pantothenate) (B₅)</td>
<td></td>
</tr>
<tr>
<td>calcium (as calcium citrate)</td>
<td>133 mcg</td>
</tr>
<tr>
<td>iodine (as potassium iodide)</td>
<td>133 mcg</td>
</tr>
<tr>
<td>magnesium (as magnesium citrate)</td>
<td>133 mcg</td>
</tr>
<tr>
<td>zinc (as zinc citrate)</td>
<td>10 mg</td>
</tr>
<tr>
<td>selenium (as selenomethionine)</td>
<td>133 mcg</td>
</tr>
<tr>
<td>copper (as copper glycinate)</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>manganese (as manganese citrate)</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>chromium (as chromium polynicotinate)</td>
<td>133 mcg</td>
</tr>
<tr>
<td>potassium (as potassium phosphate)</td>
<td>66 mcg</td>
</tr>
<tr>
<td>boron (as boron glycinate)</td>
<td>1.3 mg</td>
</tr>
<tr>
<td>vanadium (as bis-glycinato oxo vanadium)</td>
<td>66 mcg</td>
</tr>
<tr>
<td>riboflavin 5’ phosphate (activated B₂)</td>
<td>8 mg</td>
</tr>
<tr>
<td>pyridoxal 5’ phosphate (activated B₆)</td>
<td>8 mg</td>
</tr>
<tr>
<td>mixed carotenoids (as lutein, lycopene, zeaxanthin)</td>
<td>385 mcg</td>
</tr>
<tr>
<td>choline bitartrate</td>
<td>33 mcg</td>
</tr>
<tr>
<td>inositol</td>
<td>32 mg</td>
</tr>
</tbody>
</table>

**EnerGizeATP Factors**
Kre-Alkalyn® (pH balanced creatine) 500 mg  
coenzyme Q₁₀ 33 mg  
alpha ketoglutarate 33 mg  

**MuscleRestore Complex**
n-acetyl-l-cysteine (free-form) 100 mg  
alpha lipoic acid (thioctic acid) 66 mcg  
l-carnosine 33 mg  

**PowerProtect Antioxidants**
PowerGrape® grape (vitis vinifera) extract (whole fruit) 133 mg  
superfruit antioxidant blend 33 mg  
(from acerola, camu camu, quercetin, açaii, mangosteen and green coffee concentrate)  
green tea (camellia sinensis) extract (leaf) (decaffeinated) 33 mg  
(providing 70% epigallocatechin gallate (EGCG))  
other ingredients: potato starch, ascorbyl palmitate, vegetarian capsule (cellulose, water)  
4 capsules daily, in divided doses, with meals, or as directed by a health professional.

PowerGrape® is a registered trademark of the “Actifs Innovants” division of Naturex.  
Kre-Alkalyn® is a registered trademark of Biocrestual Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).  
FloraGLO LUTEIN is a registered trademark of Kemin Industries, Inc.  
Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM Nutritional Products, Inc.  
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com

1000-169 REVA