

Athletic Nutrients

with Metafolin® L-5-MTHF

Introduced 2009



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 lesson 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-Alkaly® 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.*
- CoQ₁₀ 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, CoQ₁₀ 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 D₃: cholesterol from wool fat (lanolin)

Vitamin E: soybean oil

Vitamin K₁: synthetic

Vitamin B₁ (thiamine HCl): synthetic

Vitamin B₂ (riboflavin): corn dextrose fermentation

Niacinamide and Niacin: synthetic

Vitamin B₅ (calcium pantothenate): synthetic

Vitamin B₆ (pyridoxal HCl): synthetic

Vitamin B₁₂ (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

(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, açai, 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

four vegetarian capsules contain	 00
vitamin A (as beta carotene)	6,666 iu
vitamin C (as ascorbic acid)	166 mg
vitamin D (as cholecalciferol) (D ₃)	666 iu
vitamin E (as d-alpha tocopherol succinate)	66 iu
vitamin K (as vitamin K ₁)	66 mcg
thiamin (as thiamin HCl) (B ₁)	16 mg
riboflavin (vitamin B ₂)	16 mg
niacin (as niacin and 67% niacinamide)	50 mg
vitamin B ₆ (as pyridoxine HCl)	8 mg
folate (as Metafolin®, L-5-MTHF)	266 mcg
vitamin B ₁₂ (as methylcobalamin)	666 mcg
biotin	533 mcg
pantothenic acid (as calcium pantothenate) (B ₅)	33 mg
calcium (as calcium citrate)	133 mg
iodine (as potassium iodide)	133 mcg
magnesium (as magnesium citrate)	133 mg
zinc (as zinc citrate)	10 mg
selenium (as selenomethionine)	133 mcg
copper (as copper glycinate)	1.3 mg
manganese (as manganese citrate)	1.3 mg
chromium (as chromium polynicotinate)	133 mcg
potassium (as potassium phosphate)	66 mg
boron (as boron glycinate)	1.3 mg
vanadium (as bis-glycinato oxo vanadium)	66 mcg
riboflavin 5' phosphate (activated B ₂)	8 mg
pyridoxal 5' phosphate (activated B ₆)	8 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	385 mcg
choline bitartrate	33 mg
inositol	33 mg
EnergizeATP Factors	
Kre-Alkalyn® (pH balanced creatine)	500 mg
coenzyme Q ₁₀	33 mg
alpha ketoglutarate	33 mg
MuscleRestore Complex	
n-acetyl-L-cysteine (free-form)	100 mg
alpha lipoic acid (thioctic acid)	66 mg
L-carnosine	33 mg
PowerProtect Antioxidants	
PowerGrape® grape (<i>vitis vinifera</i>) extract (whole fruit)	133 mg
superfruit antioxidant blend	33 mg
(from acerola, camu camu, quercetin, açai, mangosteen and green coffee concentrate)	
green tea (<i>Camellia sinensis</i>) 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 Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn® is a US-patented product (US Patent 6,399,661).

 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.