

# Athletic Pure Pack

Comprehensive daily packet providing core nutrients, fish oil, antioxidants, glutamine and energy cofactors including CoQ<sub>10</sub><sup>‡</sup>

## INDICATIONS

- Supports energy metabolism, muscle recovery and immune function in athletes and physically active individuals<sup>‡</sup>

## BENEFITS

- Vitamins and minerals in highly bioavailable forms
- Vitamin C to support nitric oxide activity and immune function<sup>‡</sup>
- Activated B vitamins, including Metafolin<sup>®</sup> L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate for healthy red blood cell function<sup>‡</sup>
- Trace minerals, including manganese and copper, for healthy connective tissue integrity<sup>‡</sup>

## FEATURES

- Omega-3 fatty acids to support healthy cytokine balance<sup>‡</sup>
- 1,200 mg BCAA, 375 mg creatine monohydrate, 145 mg CoQ<sub>10</sub> and 50 mg alpha lipoic acid to support metabolic acid buffering, ATP synthesis, and muscular adaptations to resistance and endurance training<sup>‡</sup>
- Grape seed and superfruits help to moderate oxidative stress during training<sup>‡</sup>
- 850 mg l-glutamine for healthy muscle preservation and immune function<sup>‡</sup>
- Convenient, once daily packet

## VERIFIABLE SCIENCE

Athletic Pure Pack is designed to promote energy metabolism<sup>1</sup>, muscle recovery<sup>2</sup>, and immune function<sup>3</sup> with a comprehensive profile of bioavailable vitamins, chelated minerals, fish oil, and other ingredients. Each pack include activated B vitamins, including Metafolin<sup>®</sup> L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate, to support healthy red blood cell function.<sup>4</sup> Vitamin C is included to support nitric oxide activity and immune function.<sup>3</sup> L-Glutamine also supports immune function, as well as healthy muscle preservation.<sup>5</sup> Trace minerals, including manganese and copper, support healthy connective tissue integrity.<sup>6</sup> Omega-3 fatty acids support healthy cytokine balance.<sup>7</sup> Creatine supports metabolic acid buffering,<sup>8</sup> ATP synthesis and muscular adaptations to resistance and endurance training.<sup>9</sup> Alpha lipoic acid is an antioxidant and cofactor that supports mitochondrial

function and energy metabolism.<sup>8,11</sup> Grape seed and superfruits contain polyphenols that may help to moderate oxidative stress during training.<sup>12‡</sup>

## SUGGESTED USE

As a dietary supplement, take 1 packet daily (9 capsules), with a meal.

## 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.

## NOTES

Box count 30 packets

Order code APP3B3

Each packet contains 9 capsules:

Athletic Nutrients: 3 vegetarian capsules

EPA/DHA essentials: 1 softgel capsule

BCAA (Branched Chain Amino Acids): 2 vegetarian capsules

Ascorbic Acid: 1 vegetarian capsule

CoQ<sub>10</sub>: 1 vegetarian capsule

L-Glutamine: 1 vegetarian capsule

## REFERENCES

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6. Institute of Medicine: Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium,

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Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium and Zinc. Washington DC: National Academic Press 2001.

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9. Gualano AB, Bozza T, Lopes De Campos P, et al. *J Sports Med Phys Fitness.* 2011 Mar;51(1):82-8.
10. Solmonson A, DeBerardinis RJ. *J Biol Chem.* 2018 May 18;293(20):7522-7530.
11. Sarmiento A, Diaz-Castro J, Pulido-Moran M, et al. *Curr Drug Metab.* 2016;17(4):345-58.
12. Shi J, Yu J, Pohorly JE, Kakuda Y. *J Med Food.* 2003 Winter;6(4):291-9.

## SUPPLEMENT FACTS

Take 1 packet daily (9 capsules), with a meal.

Nine capsules contain:

Calories	10
Total fat	1 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	1,500 mcg
Vitamin C (as ascorbic acid)	1,125 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	12.5 mcg (500 IU)
Vitamin E (as d-alpha tocopherol succinate and natural tocopherols)	34 mg
Vitamin K (as vitamin K <sub>1</sub> )	50 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	12.5 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))	16.7 mg
Niacin (as niacin and 67% niacinamide)	38 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10 mg
Folate (as Metafolin®, L-5-MTHF)	333 mcg DFE (200 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Choline (as choline bitartrate)	10 mg
Calcium (as calcium citrate)	100 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium citrate)	100 mg
Zinc (as zinc citrate)	7.5 mg
Selenium (as selenomethionine)	100 mcg
Copper (as copper glycinate)	1 mg
Manganese (as manganese citrate)	1 mg
Chromium (as chromium polynicotinate)	100 mcg
Potassium (as potassium phosphate)	50 mg
Boron (as boron glycinate)	1 mg
Vanadium (as bis-glycinato oxo vanadium)	50 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	240 mcg
Inositol	25 mg
Creatine monohydrate	375 mg
Coenzyme Q <sub>10</sub>	145 mg

‡These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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Alpha ketoglutarate	25 mg
N-Acetyl-L-cysteine (free-form)	75 mg
Alpha lipoic acid (thioctic acid)	50 mg
L-Carnosine	25 mg
L-Glutamine (free-form)	850 mg
Branched chain amino acids	1,200 mg
Providing:	
L-Leucine (free-form)	600 mg
L-Isoleucine (free-form)	300 mg
L-Valine (free-form)	300 mg
PowerGrape® grape ( <i>Vitis vinifera</i> ) extract (whole fruit)	100 mg
Superfruit antioxidant blend (from acai berry, pomegranate fruit, acerola fruit, and quercetin)	30 mg
Green tea ( <i>Camellia sinensis</i> ) extract (leaf) (decaffeinated) (standardized to contain 70% epigallocatechin gallate (EGCG))	25 mg
Fish oil concentrate (from anchovies, sardines, mackerel)	1,000 mg
Providing:	
EPA (eicosapentaenoic acid)	300 mg
DHA (docosahexaenoic acid)	200 mg
Other ingredients: vegetarian capsule (cellulose, water), gelatin capsule (gelatin, glycerin, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

PowerGrape® is a registered trademark of Naturex.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation.

**Contains fish (anchovies, sardines, mackerel)**

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Athletic Pure Pack	Quantity	Order Code
	30 packets	APP3B3

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