



# Athletic Nutrients

**INTRODUCED APRIL 2009**

## What Is It?

Athletic Nutrients is designed to support physical training and performance. It is a complete hypo-allergenic, 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, hypo-allergenic, vegetarian formula
- Activated vitamins and superior mineral chelates for optimal absorption\*
- 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<sub>10</sub> 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<sub>10</sub> 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 inflammatory 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<sup>††</sup>: marigold flower extract

Zeaxanthin<sup>†</sup>: synthetic

Vitamin C: corn dextrose fermentation

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)

Vitamin E: soybean oil

Vitamin K<sub>1</sub>: synthetic

Vitamin B<sub>1</sub> (thiamine HCl): synthetic

Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation

Niacinamide and Niacin: synthetic

Vitamin B<sub>5</sub> (calcium pantothenate): synthetic

(continued)

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


Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic  
 Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation  
 Folic acid: synthetic  
 Biotin: synthetic  
 Minerals: naturally derived from limestone  
 Sources of the mineral chelates include:  
 Citrate: corn dextrose fermentation  
 Glycinate: synthetic

Kre-Alkalyn<sup>®†††</sup> (pH balanced creatine) is synthetic. Natural coenzyme Q<sub>10</sub> is derived from fermentation. Alpha ketoglutarate, n-acetyl-l-cysteine, alpha lipoic acid and l-carnosine are synthetic. PowerGrape<sup>®††††</sup> extract is derived from *Vitis vinifera* whole fruit and standardized to contain 85% total polyphenols. Superfruit antioxidant blend is from mangosteen, açai, noni, pomegranate and quebracho extracts. 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.

†††PowerGrape<sup>®</sup> is a registered trademark of the "Actifs Innovants" division of Naturex.

††Kre-Alkalyn<sup>®</sup> is a registered trademark of Bioceutical Research and Development Laboratory (BR&D). Kre-Alkalyn<sup>®</sup> is a US-patented product (US Patent 6,399,661).

†† **FloraGLO**  is a registered trademark of Kemira Industries, Inc.

†Zeaxanthin is sourced from OPTISHARP<sup>™</sup> brand. OPTISHARP<sup>™</sup> is a trademark of DSM Nutritional Products, Inc.

## Recommendations

Pure Encapsulations recommends per 4-6 capsules per day, in divided doses, with meals.

## 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 contra-indicated 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?

CoQ<sub>10</sub>, green tea and grape extract may be contra-indicated with blood thinning medications. n-Acetyl-l-cysteine is contra-indicated 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

six vegetable capsules contain  V 00

vitamin C (ascorbyl palmitate).....	120 mg.
ascorbic acid.....	250 mg.
calcium (citrate) .....	200 mg.
vitamin D <sub>3</sub> .....	1,000 i.u.
d-alpha tocopherol succinate (vitamin E).....	100 i.u.
vitamin K <sub>1</sub> .....	100 mcg.
thiamine HCl (B <sub>1</sub> ) .....	25 mg.
riboflavin (B <sub>2</sub> ).....	25 mg.
riboflavin 5'phosphate (activated B <sub>2</sub> ).....	12.5 mg.
niacin.....	25 mg.
niacinamide .....	50 mg.
pyridoxine HCl (B <sub>6</sub> ) .....	12.5 mg.
pyridoxal 5' phosphate (activated B <sub>6</sub> ).....	12.5 mg.
folic acid.....	400 mcg.
methylcobalamin (B <sub>12</sub> ) .....	1,000 mcg.
biotin.....	800 mcg.
pantothenic acid (calcium pantothenate) (B <sub>5</sub> ) .....	50 mg.
iodine (potassium iodide).....	200 mcg.
magnesium (citrate) .....	200 mg.
zinc (citrate).....	15 mg.
selenium (selenomethionine).....	200 mcg.
copper (glycinate) .....	2 mg.
manganese (citrate) .....	2 mg.
chromium (polynicotinate) .....	200 mcg.
potassium (phosphate).....	100 mg.
boron (glycinate).....	2 mg.
vanadium (as bis-glycinato oxo vanadium).....	100 mcg.
choline.....	50 mg.
inositol .....	50 mg.
mixed carotenoids .....	10,000 i.u.
beta carotene .....	6,000 mcg.
lycopene.....	168 mcg.
lutein <sup>††</sup> .....	335 mcg.
zeaxanthin <sup>†</sup> .....	75 mcg.

### EnergizeATP Factors

Kre-Alkalyn <sup>®</sup> (pH balanced creatine) <sup>†††</sup> .....	750 mg.
coenzyme Q <sub>10</sub> .....	50 mg.
alpha ketoglutarate .....	50 mg.

### MuscleRestore Complex

n-acetyl-l-cysteine (free-form).....	150 mg.
alpha lipoic acid (thioctic acid).....	100 mg.
l-carnosine .....	50 mg.

### PowerProtect Antioxidants

PowerGrape <sup>®</sup> grape ( <i>Vitis vinifera</i> L.) extract (whole fruit) <sup>††††</sup> .....	200 mg.
(standardized to contain 85% total polyphenols)	
superfruit antioxidant blend .....	50 mg.
(from mangosteen, açai, noni, pomegranate and quebracho extract)	
green tea ( <i>Camellia sinensis</i> ) extract (leaf) (decaffeinated) .....	50 mg.
(providing 70% epigallocatechin gallate (EGCG))	
Other ingredients: potato starch	

4-6 capsules per day, in divided doses, with meals.



— Your Trusted Source —

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