

## Multi Vitamin + Energy

Wellness Nutrition™ Multi Vitamin + Energy delivers the most complete performance multiple vitamin. Designed specifically for the nutritional demands of the athlete in-training. Taking a multi vitamin is perhaps the most important single supplement that can be consumed by athletes and active individuals. This high-performance multi vitamin is rich in phytonutrient concentrates, amino acids and minerals that offers essential protection for performance and recovery.†

- **Phytonutrient Blend** with a broad spectrum of food group extracts that protect and support.†
- **Energy Blend** provides that boost to get your day started right.†
- **Muscle Nitro Blend** adds strength support for active individuals.†
- **Antioxidant Blend** aids in recovery.†

**Essential Nutrition for the Demanding Needs of Athletes™**

CHAMPION  
NUTRITION

wellness  
nutrition™

# Multi Vitamin + Energy

*Broad Spectrum Phytonutrients  
Sustained Energy Formula  
Restorative Mineral Complex*

DIETARY SUPPLEMENT 90 TABLETS

†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.

### Supplement Facts

Serving Size 3 Tablets Servings per Container 30

	Amount Per Serving	%DV*
Vitamin A (Beta Carotene)	7500 IU	150%
Vitamin C (Ascorbic Acid)	120 mg	200%
Vitamin D3	399 IU	100%
Vitamin E (d-Alpha Tocopheryl Succinate)	60 IU	200%
Thiamine	30 mg	2000%
Riboflavin	33 mg	1940%
Niacin	39 mg	195%
Vitamin B-6 (Pyridoxine HCl)	39 mg	1950%
Folic Acid	600 mcg	150%
Biotin	300 mcg	100%
Vitamin B-12	120 mcg	2000%
Vitamin K	60 mcg	75%
Pantothenic Acid	150 mg	1500%
<b>Mineral Blend</b>		
Calcium	750 mg	75%
Magnesium	300 mg	75%
Zinc	30 mg	200%
Copper	3 mg	150%
Manganese	3 mg	150%
Chromium	240 mcg	200%
Boron	201 mcg	*
Iodine	150 mcg	100%
Selenium	120 mcg	170%
Molybdenum	75 mcg	*
Vanadium	39 mcg	*
<b>Phytonutrient Blend</b> (Spirulina, Ginger Root, Broccoli, Carrot Root, Parsley, Spinach)	375 mg	*
<b>Energy Blend</b> (Royal Jelly, Gotu Kola, Ginseng, Guarana, Bee Pollen, Green Tea Extract)	270 mg	*
<b>Muscle Nitro Blend</b> (L-Alanine, L-Arginine, L-Glutamine, L-Methionine, Taurine)	225 mg	*
<b>Antioxidant Blend</b> (Choline, CoEnzyme Q-10, Lutein, Lycopene)	156 mg	*
<b>System Support Blend</b> (Inositol, Rutin, Hesperidin, Betaine HCl, Hyaluronic Acid)	69 mg	*

\*Daily Value not established.

### DIRECTIONS

#### FOR USE:

Take 3 tablets per day with meal.

#### ALLERGY WARNING:

Produced in a facility that processes milk, egg, soy, peanuts, soybeans, tree nuts, wheat and crustacean shellfish derivatives.

OTHER INGREDIENTS: Cellulose, Hydrogenated Vegetable Oil, Magnesium Stearate, Croscarmellose Sodium, Silicon Dioxide, Red color coat

Product Code: MV90 0.2:1:03/09

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