

# ATP MAX WORKOUT EXPLOSION

## Vitamin & Herbal Dietary Supplement (30 servings)

**ATP MAX WORKOUT EXPLOSION** is designed to meet the demanding needs of the body during and after exercise. This great-tasting drink mix provides a low-carb, zero-sugar combination of bioactive B vitamins, electrolytes, Albion TRAACS® chelated trace minerals, key amino acids, herbs, and powerful antioxidants without the use of synthetic sweeteners or artificial ingredients. To fuel muscular excitability and take performance and recovery to the next level, ATP MAX features a unique blend of natural exercise enhancers. These include caffeine/pterostilbene co-crystal, creatine monohydrate, and Peak ATP® adenosine triphosphate. Let ATP MAX Workout help you maximize your exercise time and energy output.\*

- **Enhances Exercise Performance\***
- **Helps Reduce Muscle Fatigue and Supports Muscle Power, Strength, and Growth with Peak ATP\***
- **Supports Recovery\***
- **Supports ATP Biosynthesis and Muscular Excitability\***
- **Provides an Alternative to Ordinary Caffeine\***
- **Supports Electrolyte Replacement\***
- **Provides Antioxidant Support with S-Acetyl-L-Glutathione and Vitamin C\***

### Warning:

Consult your healthcare professional before use if pregnant, nursing, taking medications, or for any use by minors. Do not use it if the safety seal is broken or missing. KEEP OUT OF REACH OF CHILDREN. This product is not intended to diagnose, treat, cure, or prevent any disease. For nutritional use only.

### ATP Ignite™ Workout Supplement Facts

Serving Size: 1 Scoop (about 12.9 g)

	Amount Per Serving	%Daily Value
Calories	25	
Total Carbohydrate	5 g	2%†
Vitamin C (as sodium ascorbate, potassium ascorbate, calcium ascorbate, and zinc ascorbate)	500 mg	556%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg	67%
Thiamin (as thiamine HCl)	0.45 mg	38%
Riboflavin (as riboflavin 5'-phosphate sodium)	0.5 mg	38%
Niacin	10 mg	63%
Vitamin B6 (as pyridoxal 5'-phosphate)	2.6 mg	153%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt) <sup>§†</sup>	68 mcg DFE	17%
Vitamin B12 (as methylcobalamin)	2,500 mcg	104,167%
Pantothenic Acid (as d-calcium pantothenate)	3 mg	60%
Magnesium (as di-magnesium malate) <sup>§‡</sup>	150 mg	36%
Zinc (as zinc bisglycinate chelate) <sup>§‡</sup>	3 mg	27%
Manganese (as manganese bisglycinate chelate) <sup>§‡</sup>	0.5 mg	22%
Chromium (as chromium nicotinate glycinate chelate) <sup>§‡</sup>	100 mcg	286%
Sodium (as sodium bicarbonate and sodium ascorbate)	135 mg	6%
Potassium (potassium bicarbonate and potassium ascorbate)	215 mg	5%
Creatine (as creatine monohydrate)	3 g	**
Proprietary Blend Caffeine pterostilbene cocrystal, whole coffee fruit ( <i>Coffea arabica</i> ) (whole fruit) (40% chlorogenic acid), taurine, L-arginine alpha-ketoglutarate, organic green tea aqueous extract ( <i>Camellia sinensis</i> ) (leaf) (25% polyphenols, 15% catechins, <10% caffeine), s-acetyl-L-glutathione, and acetyl-L-carnitine (as acetyl-L-carnitine HCl), yielding a total of 95 mg of caffeine.	465 mg	**
Adenosine 5' Triphosphate Disodium <sup>§‡</sup>	400 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Other Ingredients:** Maltodextrin, citric acid, malic acid, natural flavors (no MSG), natural grape powder, stevia leaf extract, and silica.

### Suggested use:

Dissolve the contents of one scoop in 6-12 oz of water according to preferred sweetness. On non-workout days, consume the effervescent drink in the AM on an empty stomach. On workout days, consume the effervescent drink once daily 30 minutes prior to workout, or use as directed by your healthcare professional.

### Storage instructions:

Store at room temperature away from direct sunlight. Keep this container tightly closed.

# CH3 MAX

## Multivitamin & Cofactor Dietary Supplement (45 servings)

**CH3 MAX** supports methylation reactions, important for metabolism of homocysteine, by providing a combination of targeted nutrients and cofactors, such as trimethylglycine at 550 mg and MSM at 50 mg per serving.\* This formula includes the antioxidant vitamins C and E, as well as high-potency riboflavin, vitamin B6, folate, and vitamin B12. In addition, this formula includes a biologically active form of folate (5-methyltetrahydrofolic acid or 5-MTHF), which is normally produced and available to the body only at the final stage of the folate metabolic process\*.

- **Supports Carbohydrate Metabolism**
- **Supports Healthy Nervous System/Adrenal/Immune Function**
- **Supports Cardiovascular Health**
- **Supports Healthy Mental Function and Mood**

	Amount Per Serving	%DV
Vitamin C (as ascorbic acid)	50 mg	56%
Vitamin E (as alpha-tocopherol acetate)	(20 IU) 13 mg	87%
Riboflavin (as riboflavin 5'-phosphate)	30 mg	2308%
Vitamin B6 (as pyridoxal 5'-phosphate)	14 mg	824%
Folate (as L-5-methyltetrahydrofolate calcium)	2500 mcg DFE	625%
Vitamin B12 (as methylcobalamin)	1000 mcg	41667%
Magnesium (as magnesium citrate)	100 mg	24%
Choline (as choline bitartrate)	100 mg	18%
Trimethylglycine (as betaine anhydrous)	550 mg	*
Betaine HCl	60 mg	*
MSM (methylsulfonylmethane)	50 mg	*
Beet ( <i>Beta vulgaris</i> ) (root)	50 mg	*

\*Daily Value (DV) not established.

**Other ingredients:** Vegetarian capsule (hypromellose), cellulose, silica.

**Suggested use:** Take two capsules daily, or as directed by your Healthcare professional.

**Storage instructions:** Keep closed in a cool, dry place out of reach of children.

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