

## Elite Athlete Multi-Vitamin™

### DESCRIPTION

Elite Athlete, provided by Douglas Laboratories®, is a synergistic and comprehensive combination of vitamins, minerals and other nutrients, carefully formulated and specifically designed to support the body's normal defenses against excess free radical production associated with strenuous aerobic exercise.

### FUNCTIONS

Studies show that a high percentage of adults in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed not only for maintaining good health, but also for the dietary management of the body's structure as well as the optimum functioning of its various systems, including energetics. Elite Athlete has been carefully developed to contain the right proportions of vitamins, minerals, and other nutrients without the danger of toxic build-up or of side effects. Each ingredient is selected in consideration of its absorbability, competitive relationship with other nutrients, allergenic potential, and long-term safety. Certain nutrients such as beta-carotene, vitamin C, vitamin E and B-complex vitamins are included in high potency amounts because of the vital roles they play in energy production, antioxidant protection, and maintenance of healthy blood cells, nervous system, hormone balance and more.

Elite Athlete contains additional nutrients specifically formulated to support optimal tissue structure and function. Research has shown that strenuous aerobic exercise can be associated with oxidative stress and suboptimal tissue structure and function in the body. Exercise above the threshold levels of one hundred and fifty fitness points per week or working at 80% of predicted maximum heart rate for at least 5 hours per week may greatly increase the body's production of excess free radicals, which can result in unwanted changes to the body's tissues and cause cells to become more susceptible to aging. Elite Athlete has been specially designed by Dr. Kenneth H. Cooper. Dr. Cooper, known as the "Father of Aerobics," has been the international authority on physical fitness for nearly 40 years. Elite Athlete has been specially designed to support the body's normal defenses against excess free radical production associated with strenuous aerobic exercise.

### INDICATIONS

Elite Athlete Multi-Vitamin may be a useful dietary supplement for those who wish to maintain the healthy functioning of their bodies while undergoing the stresses of strenuous aerobic exercise.

### FORMULA (#200263)

8 Tablets Contain:

Vitamin A .....	3,000 I.U.
(as natural beta carotene with mixed carotenoids)	
Vitamin C (ascorbic acid) .....	2,000 mg
Vitamin D3 (cholecalciferol) .....	2,000 I.U.
Vitamin E .....	800 I.U.
(as d-alpha tocopheryl succinate)	
Vitamin K .....	25 mcg
Thiamine (Vitamin B1 as HCl) .....	3 mg
Riboflavin (Vitamin B2) .....	10 mg
Niacinamide (Niacinamide/Vitamin B3) .....	20 mg
Vitamin B-6 (pyridoxine hydrochloride) .....	10 mg
Folic Acid (Folate/Vitamin B9) .....	400 mcg
Vitamin B12 (Cobalamin) .....	400 mcg
Biotin .....	300 mcg
Pantothenic Acid (as calcium pantothenate) .....	10 mg
Iron (as carbonyl iron) .....	18 mg
Phosphorus (as potassium phosphate) .....	160 mg

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Iodine (as potassium iodide) .....	150 mcg
Magnesium (as magnesium chelate) .....	400 mg
Zinc (as zinc chelate) .....	15 mg
Selenium (as selenium chelate) .....	200 mcg
Copper (as copper gluconate) .....	2 mg
Chromium .....	100 mcg
(as chromium amino acid chelate)	
Potassium (as potassium phosphate) .....	400 mg
Choline (from choline bitartrate) .....	500 mg
Coenzyme Q10 (ubiquinone) .....	50 mg
Lycopene .....	10 mg
Lutein (as Flora-GLO® Lutein) .....	6 mg

**SUGGESTED USE**

Adults take 8 tablets twice daily with meals or as directed by health care professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs.

**SIDE EFFECTS**

No adverse side effects have been reported.

**STORAGE**

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### REFERENCES

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**For more information on Elite Athlete Multi-Vitamin™ visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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Your patients trust you.**