

ADVANCED MULTIVITAMIN FORMULA

PRO-VIT SPORT

ACHIEVE MORE

Contains Specifically Selected
Vitamins, Minerals & Phytonutrients
to Support Physical & Active Lifestyles

▶ **38** OPTIMAL INGREDIENTS ▶ **12** PHYTO NUTRIENTS ▶ **30** DAY SUPPLY

EFFECTIV
SPORTS NUTRITION

90 TABLETS

FOOD SUPPLEMENT WITH VITAMINS, MINERALS & PHYTONUTRIENTS

RECOMMENDED USE: Take 3 tablets daily with meals. For optimal results take a single tablet with your main meals 3 times per day.

NUTRITION INFORMATION

Contains 30 servings

Typical Values	Per 3 Tablets	%RI* per Serving
EFFECTIV MULTINUTRIENT ACTIVE COMPLEX		
Vitamin A (50% Beta Carotene, 50% Acetate)	800µg RE	100
Vitamin D	25µg	501
Vitamin E	75mg α-TE	625
Vitamin C	250mg	312
Thiamin	15mg	1365
Riboflavin	15mg	1071
Niacin	25mg NE	156
Vitamin B6	3mg	214
Folic Acid	400µg	200
Vitamin B12	50µg	2004
Biotin	100µg	200
Pantothenic Acid	15mg	249
Calcium	635mg	73
Magnesium	100mg	27
Zinc	25mg	250
Copper	5mg	500
Manganese	2.5mg	125
Selenium	150µg	273
Chromium	100µg	250
Molybdenum	75µg	150
Iodine	75µg	50
ACTIVE BLEND**		
Arginine (50mg), Alpha Lipoic Acid (20mg), Inositol (15mg), Choline (10mg), Betaine (15mg)		
PHYTONUTRIENT FRUIT & VEGETABLE COMPLEX**		
Grape Seed Extract (25mg), Green Tea Leaf Extract (25mg), Papaya Fruit Powder (15mg), Bromelain Fruit (15mg), Spinach Leaf Powder (15mg), Bilberry Fruit Powder (15mg), Grapefruit Pectin Peel (15mg), Cranberry Fruit Extract (15mg), Blackcurrant Fruit Extract (15mg), Broccoli Flower Extract (15mg), Citrus Bioflavonoids (35mg)		

*% Reference Intake (RI)

** No Established RI

INGREDIENTS: Calcium Carbonate, Bulking Agent (Microcrystalline Cellulose), Magnesium Citrate, Vitamin C (Ascorbic Acid), Vitamin E (DL-Alpha Tocopherol), Anti Caking Agents (Magnesium Stearate, Silicon Dioxide), Zinc Piccolinate, L-Arginine HCL, Coating (Hydroxypropyl Methylcellulose), Citrus, Bioflavonoids, L-SelenoMethionine, Vitamin B3 (Nicotinamide), Grape Seed Extract (*Vitis Vinifera*), Choline Bitartate, Green Tea Leaf Extract (*Camellia Sinensis*), Vitamin B1 (Thiamin Hydrochloride), Alpha Lipoic Acid, Vitamin B5 (Calcium Pantothenate), Vitamin B2 (Riboflavin), Inositol, Betaine HCL, Papaya Fruit Powder (*Carica Papaya*), Bromelain Fruit (*Ananas Comosus* L.), Spinach Leaf Powder (*Spinacia Oleracea*), Bilberry Fruit Powder (*Vaccinium Myrtillus*), Grapefruit Pectin Peel (*Citrus Paradisii*), Cranberry Fruit Extract (*Vaccinium macrocarpon*), Blackcurrant Fruit Extract (*Ribes Nigrum*), Broccoli Flower Extract (*Brassica Oleracea*), Cupric Sulphate Anhydrous, Beta Carotene, Vitamin D (Cholecalciferol), Sulphate Monohydrate, Vitamin B12 (Cyanocobalamin), Vitamin A Acetate, Vitamin B6 (Pyridoxine Hydrochloride), Chromium Piccolinate, Folic Acid, Ammonium Molybdate Tetrahydrate, Biotin, Potassium Iodide.

Keep out of reach of children. Store in a dry, cool place. Protect from heat, light and moisture. Do not purchase if seal is broken. Do not exceed recommended intake. Do not use as a substitute for a varied and balanced diet and a healthy lifestyle.

FOOD SUPPLEMENT WITH VITAMINS, MINERALS & PHYTONUTRIENTS

⚡ DO YOU NEED ENERGY & VITALITY?¹

Inside PRO-VIT you will find key ingredients such as B-Vitamins, Calcium and Iodine, which help contribute to normal energy yielding metabolism and support vitality, which can often be low through intense exercise and hectic lifestyles.¹ While Magnesium, Riboflavin and Niacin are added to contribute to a reduction of tiredness and fatigue, both common symptoms of overtraining and poor diets.

🛡️ HEALTHY IMMUNE SYSTEM²

A diet low in the correct daily nutritional intake can also potentially lead to a less than optimal immune system. Inside PRO-VIT you will find Zinc, Selenium, Vitamin C and Vitamin D, all of which contribute to the normal function of the immune system.² More importantly Vitamin C also contributes to maintain the normal function of the immune system during and after intense physical exercise.

🦴 STRONG BONES & JOINTS³

Exercise and resistance training is well known to improve the health and strength of joints and bones, and you can support this further through the key nutrients in PRO-VIT. Calcium and Vitamin D are needed for the maintenance of normal bones and for contribution to normal muscle function.³ Copper has been added for contribution to maintenance of normal connective tissues. Vitamin C supports this further and contributes to normal collagen formation for the normal function of cartilage, essential for mobility.

⊕ MAKE EVERY NUTRIENT COUNT⁴

It is important to maximize the foods you do eat. PRO-VIT contains a selection of ingredients to aid nutrient utilisation. Zinc is found in PRO-VIT to contribute to normal carbohydrate metabolism and protein synthesis.⁴ Chromium has been added to contribute to the maintenance of normal blood glucose (sugar) levels.

Think of the key ingredients in PRO-VIT as your nutrient back up plan to support your health and wellbeing and to fuel your active lifestyle. For optimal results simply take a single tablet with your 3 main meals every day.

EFFECTIV
SPORTS NUTRITION

PRO-VIT SPORT

**WHATEVER YOUR GOAL—
WE'VE GOT YOU COVERED**

Although food is always the preferred choice, due to modern lifestyles many of us look for a convenient way to consume key nutrients into our diet to support our daily physical activities.

That's why **PRO-VIT SPORT** has been specifically developed as a foundation for those of us who exercise regularly and are involved in sport or intense physical activity. Each daily dosage is packed with a carefully chosen selection of Vitamins, Minerals and Fruit & Vegetable Phytonutrients to support your optimal health.

🍴 Suitable for Vegetarians. Gluten Free.

www.EfectivNutrition.com

Manufactured and Distributed in the U.K by
EFFECTIV NUTRITION
Tuscany House, Beata Road
Cherston, Newcastle-Under-Lyme
Staffordshire, ST15 7UT
+44 (0) 1782 281222



BEST BEFORE DATE & BATCH NUMBER SEE BASE