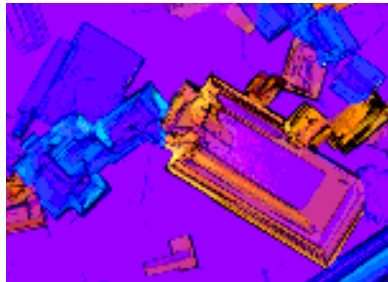


THORNE

R E S E A R C H



NUTRI-FEM™

Basic Nutrients for Women Under 40

240 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Eight Capsules

Servings Per Container: 30

Eight Capsules Contain:	% DV	Eight Capsules Contain:	% DV	Eight Capsules Contain:	% DV
Vitamin A (12,500 IU from Mixed Carotenes and 2,500 IU as Palmitate)	15,000 IU 300%	Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg 250%	Copper (as Copper Picolinate)	1.5 mg 75%
Vitamin C (as Ascorbic Acid)	850 mg 1,417%	Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg 7,500%	Manganese (as Manganese Picolinate)	6 mg 300%
Vitamin D (as Vitamin D3)	1,600 IU 400%	Biotin	400 mcg 133%	Chromium (as Chromium Chelidamate Arginate)†	200 mcg 167%
Vitamin E (as d-Alpha Tocopheryl)	400 IU 1,333%	Pantothenic Acid (as Calcium Pantothenate)	413 mg 4,130%	Molybdenum (as Molybdenum Picolinate)	100 mcg 133%
Vitamin K (as Vitamin K1)	100 mcg 125%	Calcium (as Calcium Citrate-Malate)	500 mg 50%	Potassium (as Potassium Citrate-Malate)	90 mg 3%
Thiamin (as Thiamin HCl)	40 mg 2,667%	Iron (as Iron Picolinate)	15 mg 83%	Choline Citrate	100 mg *
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg 647%	Iodine (as Potassium Iodide)	225 mcg 150%	Wild Yam (root) (<i>Dioscorea villosa</i>)	50 mg *
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg 800%	Magnesium (as Magnesium Citrate-Malate)	285 mg 71%	Boron (as Boron Picolinate)	3 mg *
Vitamin B6 (as Pyridoxal 5'-Phosphate)	23.7 mg 1,185%	Zinc (as Zinc Picolinate)	15 mg 100%	Vanadium (as Vanadium Picolinate)	100 mcg *
		Selenium (as Selenomethionine)	200 mcg 286%		

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide, Microcrystalline Cellulose.

Suggested Use: Take 4-8 capsules daily or as recommended by your health-care practitioner.

Tamper Evident: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.

†Thorne's trade name for Chromium (4 oxopyridine,2,6-dicarboxylate, arginate) is UltraChrome®.

Its use in this product is protected by U.S. Patent No. 5,665,385.



Manufactured By: Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825 USA
1-800-228-1966 www.thorne.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.

Certification of Conformity of the child-proof closure with the Poison Prevention Packaging Act is available at www.thorne.com/iron_certification.html



6

VMF
LVMF15