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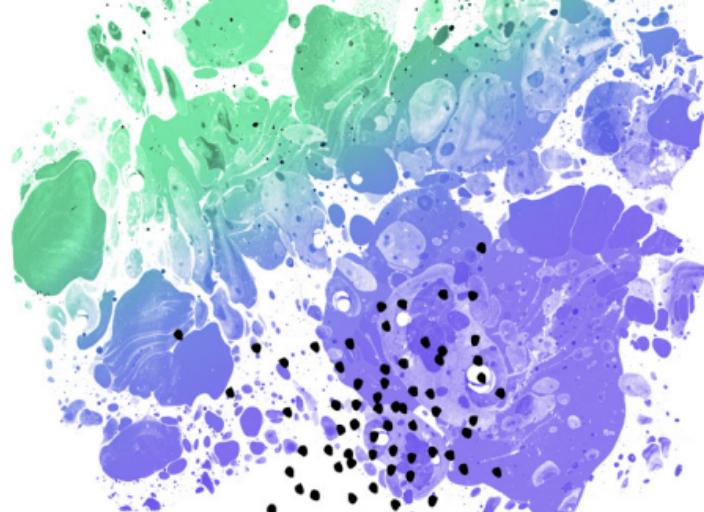
SUGGESTED USE: Take 1 capsule daily or as recommended by your health-care practitioner.

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.COM

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.
††This product uses Albion's TRAACS® Chromium Nicotinate Glycinate Chelate and Molybdenum Glycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. †††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.



THORNE®

Basic Nutrients III

Multi without Copper and Iron

DIETARY SUPPLEMENT

180
CAPSULES

SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:

Retinol (625 mcg from Beta Carotene and 125 mcg as Palmitate)

750 mcg Choline (as Choline Citrate) 5.6 mg

Vitamin C (as Ascorbic Acid)

141.6 mg Calcium (as Calcium Citrate) 40 mg

Vitamin D (as Vitamin D3) (166 IU)

4.1 mcg Iodine (as Potassium Iodide) 37.5 mcg

Vitamin E (as d-Alpha Tocopherol)

44.6 mg Magnesium (as Magnesium Citrate) 30 mg

Thiamin (as Thiamin HCl)

6.6 mg Zinc (as Zinc Picolinate) 2.5 mg

Riboflavin (as Riboflavin 5'-Phosphate Sodium)

1.8 mg Selenium (as L-Selenomethionine) 33.4 mcg

Niacin (21.6 mg as Niacinamide and 5 mg as Niacin)

26.6 mg Manganese (as Manganese Picolinate) 1 mg

Vitamin B6 (as Pyridoxal 5'-Phosphate)

1.6 mg Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†† 33.4 mcg

Folate (83.4 mcg as Calcium Folinate and 83.4 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)

166.8 mcg Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)†† 16.7 mcg

Vitamin B12 (37.5 mcg as Adenosylcobalamin and 37.5 mcg as Methylcobalamin)

75 mcg Potassium (as Potassium Citrate) 10 mg

Biotin

67 mcg Boron (as Bororganic™ Boron Glycinate Complex)††† 500 mcg

Pantothenic Acid (as Calcium Pantothenate)

68.8 mg Lutein (from Aztec Marigold extract (flower) (*Tagetes erecta*)) 24 mcg

Vanadium (as Vanadium Picolinate)

16.7 mcg

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

manufactured for: THORNE RESEARCH, INC.
Sandpoint, ID, USA 1-800-228-1966

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