



Foundational

SUGGESTED USE: Take 3-6 capsules daily or as recommended by your health-care practitioner.

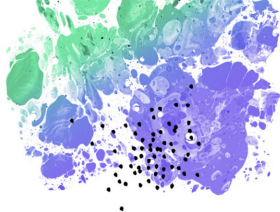
TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

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



GLUTEN FREE

THORNE.COM



THORNE®

Basic Nutrients IV

Multi with Copper and Iron

DIETARY SUPPLEMENT

180
CAPSULES

SUPPLEMENT FACTS

Serving Size: Six Capsules

Servings Per Container: 30

Six Capsules Contain:		%DV
Vitamin A (1,875 mcg from Beta Carotene and 750 mcg as Palmitate)	2.63 mg	292%
Vitamin C (as Ascorbic Acid)	850 mg	944%
Vitamin D (as Vitamin D3) (1,000 IU)	25 mcg	125%
Vitamin E (as d-Alpha Tocopheryl)	268 mg	1,787%
Thiamin (as Thiamin HCl)	40 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	846%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	1,000%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	588%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolate Acid, Glucosamine Salt)	1.7 mg DFE	425%
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg	18,750%
Biotin	400 mcg	1,333%
Pantothenic Acid (as Calcium Pantothenate)	413 mg	8,260%
Choline (as Choline Citrate)	35 mg	6%
Calcium (120 mg as Calcium Citrate and 90 mg as Calcium Malate)	210 mg	16%

Peel back for additional supplement facts ►

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



VM7
LVM722

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolate Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ††This product uses Albion's TRAACS® Chromium Nicotinate Glycinate chelate. TRAACS is a registered trademark of Albion Laboratories International, Inc.

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

SUPPLEMENT FACTS CONTINUED

Serving Size: Six Capsules

Servings Per Container: 30

Six Capsules Contain:		%DV
Iron (as Iron Picolinate)	15 mg	83%
Iodine (as Potassium Iodide)	225 mcg	150%
Magnesium (90 mg as Magnesium Citrate and 60 mg as Magnesium Malate)	150 mg	36%
Zinc (as Zinc Picolinate)	15 mg	136%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Copper Picolinate)	1.5 mg	167%
Manganese (as Manganese Picolinate)	6 mg	261%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	571%
Molybdenum (as Molybdenum Picolinate)	100 mcg	222%
Boron (as Boron Picolinate)	3 mg	*
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	144 mcg	*
Vanadium (as Vanadium Picolinate)	100 mcg	*

*Daily Value (DV) not established.

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