

THORNE

Multi-Vitamin Elite P.M.

DIETARY SUPPLEMENT

90 CAPSULES

SUPPLEMENT FACTS

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:	%DV	Three Capsules Contain:	%DV
Vitamin A (90 mcg from Beta Carotene and 120 mcg as Palmitate)	210 mcg 23%	Zinc (as TRACS® Zinc Bisglycinate Chelate)	20 mg 182%
Vitamin C (as Ascorbic Acid)	150 mg 167%	Selenium (as L-Selenomethionine)	100 mcg 182%
Vitamin D (as Vitamin D3) (500 IU)	12.5 mcg 63%	Copper (as TRACS® Copper Bisglycinate Chelate)	750 mcg 83%
Vitamin E (as α -Alpha Tocopheryl Acid Succinate)	13.5 mg 90%	Manganese (as TRACS® Manganese Bisglycinate Chelate)	1.5 mg 65%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2 as MK-4)	200 mcg 167%	Chromium (as TRACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%
Folate (400 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolate, Glucosamine Salt)	667 mcg DFE 167%	Molybdenum (as TRACS® Molybdenum Glycinate Chelate)	50 mcg 111%
Biotin	500 mcg 1,667%	Proprietary Blend†	200 mg **
Choline (as Choline Citrate)	36 mg 7%	Magnolia officinalis (bark) extract	**
Calcium (as TRACS® Calcium Bisglycinate Chelate)	50 mg 4%	Phellodendron amurense (bark) extract	**
Iodine (as Potassium Iodide)	75 mcg 50%	β -Gamma Tocopherol (from Mixed Tocopherols)	24 mg **
Magnesium (as TRACS® Magnesium Bisglycinate Chelate)	107 mg 25%	Boron (as Bororganic™ Boron Glycinate Chelate)	2 mg **
		Lutein (from Artec Marigold extract (flower) (Tagetes erecta))	600 mcg **

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

Gamma tocopherol does not have a recognized IU equivalent.

WARNING: If pregnant or nursing, do not use this product; otherwise consult your health-care practitioner before using this product.

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

VM114PM
LVM114PM02

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

SUPPLEMENT FACTS FOR A.M.

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:	%DV
Vitamin A (450 mcg from Beta Carotene and 600 mcg as Palmitate)	1,05 mg 117%
Vitamin C (as Ascorbic Acid)	250 mg 278%
Vitamin D (as Vitamin D3) (2,000 IU)	50 mcg 250%
Vitamin E (as α -Alpha Tocopheryl Acid Succinate)	13.5 mg 90%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2 as MK-4)	200 mcg 167%
Thiamin (as Thiamin HCl)	50 mg 4,167%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg 823%
Niacin (as Nicotinamide)	60 mg 375%
Vitamin B6 (as Pyridoxin H-Phosphate)	20 mg 1,176%
Folate (800 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolate, Glucosamine Salt)	1 mg DFE 250%
Vitamin B12 (as Methylcobalamin)	600 mcg 25,000%
Biotin	500 mcg 1,667%
Pantothenic Acid (as Calcium Pantothenate)	45 mg 900%
Choline (as Choline Citrate)	18 mg 3%
Calcium (as TRACS® Calcium Bisglycinate Chelate)†††	38 mg 3%
Iodine (as Potassium Iodide)	75 mcg 50%
Magnesium (as TRACS® Magnesium Bisglycinate Chelate)††	63 mg 15%
Zinc (as TRACS® Zinc Bisglycinate Chelate)††	10 mg 91%
Selenium (as L-Selenomethionine)	100 mcg 182%
Copper (as TRACS® Copper Bisglycinate Chelate)††	750 mcg 83%
Manganese (as TRACS® Manganese Bisglycinate Chelate)††	1.5 mg 65%
Chromium (as TRACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg 571%
Molybdenum (as TRACS® Molybdenum Glycinate Chelate)	50 mcg 111%
Curcumin Phytosome††† (Curcuma longa extract (root) / Phospholipid complex from Sunflower)	200 mg **
Green Tea Phytosome†††† (Camellia sinensis extract (leaf) decaffeinated / Phospholipid complex from Sunflower)	75 mg **
β -Gamma Tocopherol (from Mixed Tocopherols)	24 mg **
Boron (as Bororganic™ Boron Glycinate Complex)†††††	1 mg **
Lutein (from Artec Marigold extract (flower) (Tagetes erecta))	300 mcg **

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Lactate, Silicon Dioxide.
Gamma tocopherol does not have a recognized IU equivalent.

† This product uses Quinze S.p.A.'s L-5-Methyltetrahydrofolate Acid, Glucosamine Salt (Quadrifolite®). Quadrifolite is a registered trademark of Quinze S.p.A. †† This product uses Albion's TRACS® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Magnesium Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRACS is a registered trademark of Albion International, Inc. ††† This product uses curcumin phytosome (Merivon®) and green tea phytosome (GreenTeaCell®). Meriva and GreenTeaCell are registered trademarks of Indena S.p.A. †††† This product uses Relipid® in a proprietary blend of a patented extract from Magnolia officinalis bark and a proprietary extract from Phellodendron amurense (bark). Relipid is a registered trademark of InterHealth II, Inc. In this product is protected by U.S. Patent Nos. 6,582,735 and 6,814,987. ††††† This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.

‡ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

KION



Foundational



Sports Performance[‡]

SUGGESTED USE: Take 3 capsules of the A.M. formula in the morning and 3 capsules of the P.M. formula in the evening daily with a meal or as recommended by your health-care practitioner.

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

WARNING: If pregnant or nursing, do not use this product; otherwise consult your health-care practitioner before using this product.



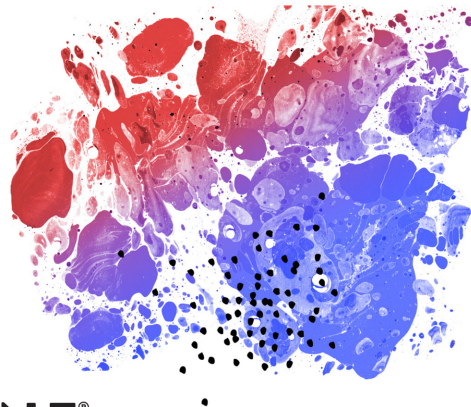
THORNE.COM

THORNE

Multi-Vitamin Elite

DIETARY SUPPLEMENT

2 BOTTLES
90 CAPSULES EACH



VM114
CTNV114103



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