



Foundational

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.

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†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.

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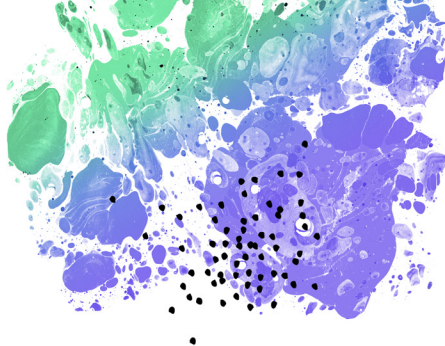
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Basic Nutrients III

Multi without Copper and Iron

DIETARY SUPPLEMENT

180
CAPSULES



SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:	One Capsule Contains:
Retinol (625 mcg from Beta Carotene and 125 mcg as Palmitate)	750 mcg
Vitamin C (as Ascorbic Acid)	141.6 mg
Vitamin D (as Vitamin D3) (166 IU)	4.1 mcg
Vitamin E (as d-Alpha Tocopheryl)	44.6 mg
Thiamin (as Thiamin HCl)	6.6 mg
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	1.8 mg
Niacin (21.6 mg as Niacinamide and 5 mg as Niacin)	26.6 mg
Vitamin B6 (as Pyridoxal 5'-Phosphate)	1.6 mg
Folate (83.4 mcg as Calcium Folate and 83.4 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	166.8 mcg
Vitamin B12 (37.5 mcg as Adenosylcobalamin and 37.5 mcg as Methylcobalamin)	75 mcg
Biotin	67 mcg
Pantothenic Acid (as Calcium Pantothenate)	68.8 mg
Choline (as Choline Citrate)	5.6 mg
Calcium (as Calcium Citrate)	40 mg
Iodine (as Potassium Iodide)	37.5 mcg
Magnesium (as Magnesium Citrate)	30 mg
Zinc (as Zinc Picolinate)	2.5 mg
Selenium (as L-Selenomethionine)	33.4 mcg
Manganese (as Manganese Picolinate)	1 mg
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	33.4 mcg
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	16.7 mcg
Boron (as Bororganic™ Boron Glycinate Complex)†††	500 mcg
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	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.
Summerville, SC, USA 1-800-228-1966



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LNZVM605