



Foundational

SUGGESTED USE: Take 2 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.



Certified for Sport



GLUTEN FREE

THORNE®

Basic Nutrients 2/Day

DIETARY SUPPLEMENT

60 CAPSULES

SUPPLEMENT FACTS

Serving Size: Two Capsules
Servings Per Container: 30

Two 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 d-Alpha Tocopheryl Acid Succinate)	16.5 mg	110%
Vitamin K (200 mcg as Vitamin K1 and 200 mcg as Vitamin K2 as MK-4)	400 mcg	333%
Thiamin (as Thiamin HCl)	50 mg	4,167%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	923%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,176%

Peel back for additional supplement facts ▶

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

PEEL HERE

SUPPLEMENT FACTS CONTINUED

Serving Size: Two Capsules
Servings Per Container: 30

Two Capsules Contain:	%DV	Two Capsules Contain:	%DV	Two Capsules Contain:	%DV
Folate (400 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt) 680 mcg DFE	170%	Zinc (as TRAAACS® Zinc Bisglycinate Chelate)††	15 mg 136%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg *
Vitamin B12 (as Methylcobalamin) 600 mcg	25,000%	Selenium (as L-Selenomethionine) 200 mcg	364%	Boron (as Bororganic™ Boron Glycinate Complex)†††	2 mg *
Biotin 500 mcg	1,667%	Copper (as TRAAACS® Copper Bisglycinate Chelate)††	750 mcg 83%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	140 mcg *
Pantothenic Acid (as Calcium Pantothenate) 45 mg	900%	Manganese (as TRAAACS® Manganese Bisglycinate Chelate)††	3 mg 130%		
Calcium (as TRAAACS® Calcium Bisglycinate Chelate)††	30 mg 2%	Chromium (as TRAAACS® Chromium Nicotinate Glycinate Chelate)††	400 mcg 1,143%		
Iodine (as Potassium Iodide) 75 mcg	50%	Molybdenum (as TRAAACS® Molybdenum Glycinate Chelate)††	100 mcg 222%		
Magnesium (as TRAAACS® Magnesium Bisglycinate Chelate)††	20 mg 5%				

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

Gamma tocopherol does not have a recognized IU equivalent.

†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 TRAAACS® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRAAACS 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.



VM2
LVM205