



Women's Health

Foundational

SUGGESTED USE: Take 4-8 capsules daily or as recommended by your health-care practitioner.

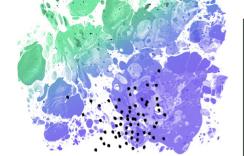
TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

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



GLUTEN FREE

†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®

Meta-Fem® Multi for Women

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DIETARY SUPPLEMENT



SUPPLEMENT FACTS

Serving Size: Eight Capsules Servings Per Container: 30 **Eight Capsules Contain:** Vitamin A (1,875 mcg from Beta Carotene and 750 mcg as Palmitate) 2.63 mg Vitamin C (as Ascorbic Acid) 850 ma 9449 Vitamin D (as Vitamin D3) (1.600 IU) 40 mca Vitamin E (as d-Alpha Tocopheryl) 268 mg 1,7879 Vitamin K (as Vitamin K1) 100 mcg Thiamin (as Thiamin HCI) 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) 16.9 ma Folate (500 mcg as Calcium Folinate and 500 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid. Glucosamine Salt) 1.7 mg DFE 425% Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin) 450 mcg 18,750% Vanadium (as Vanadium Picolinate) 400 mcg 1.333% Lutein (from Aztec Marigold extract Pantothenic Acid (as Calcium Pantothenate) 413 mg 8,260% (flower) (Tagetes erecta)) Choline (as Choline Citrate) 35 ma 6% *Daily Value (DV) not established. Calcium (240 mg as Calcium Citrate and 240 mg as Calcium Malate) 480 ma 37%

Eight Capsules Contain:		%DV
lodine (as Potassium lodide)	225 mcg	150%
Magnesium (120 mg as Magnesium Citrate and 120 mg as Magnesium Malate)	240 mg	57%
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 TRAACS® Molybdenum Glycinate Chelate)††	100 mcg	222%
Dong Quai extract (root) (Angelica sinensis)	100 mg	-
Hesperidin Methyl Chalcone	75 mg	,
Wild Yam (root) (Dioscorea villosa)	50 mg	,
Boron (as Bororganic™ Boron Glycinate Complex)†††	4 mg	,

100 mca

192 mca

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

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



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