



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

DIETARY SUPPLEMENT

240
CAPSULES

SUPPLEMENT FACTS

Serving Size: Eight Capsules
Servings Per Container: 30

Eight Capsules Contain:		%DV	Eight Capsules Contain:		%DV
Vitamin A (1,875 mcg from Beta Carotene and 750 mcg as Palmitate)	2.63 mg	292%	Iodine (as Potassium Iodide)	225 mcg	150%
Vitamin C (as Ascorbic Acid)	850 mg	944%	Magnesium (120 mg as Magnesium Citrate and 120 mg as Magnesium Malate)	240 mg	57%
Vitamin D (as Vitamin D3) (1,600 IU)	40 mcg	200%	Zinc (as Zinc Picolinate)	15 mg	136%
Vitamin E (as d-Alpha Tocopheryl)	268 mg	1,787%	Selenium (as L-Selenomethionine)	200 mcg	364%
Vitamin K (as Vitamin K1)	100 mcg	83%	Copper (as Copper Picolinate)	1.5 mg	167%
Thiamin (as Thiamin HCl)	40 mg	3,333%	Manganese (as Manganese Picolinate)	6 mg	261%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	846%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	571%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	1,000%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	100 mcg	222%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	16.9 mg	994%	Dong Quai extract (root) (<i>Angelica sinensis</i>)	100 mg	*
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1.7 mg DFE	425%	Hesperidin Methyl Chalcone	75 mg	*
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg	18,750%	Wild Yam (root) (<i>Dioscorea villosa</i>)	50 mg	*
Biotin	400 mcg	1,333%	Boron (as Bororganic™ Boron Glycinate Complex)†††	4 mg	*
Pantothenic Acid (as Calcium Pantothenate)	413 mg	8,260%	Vanadium (as Vanadium Picolinate)	100 mcg	*
Choline (as Choline Citrate)	35 mg	6%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	192 mcg	*
Calcium (240 mg as Calcium Citrate and 240 mg as Calcium Malate)	480 mg	37%	*Daily Value (DV) not established.		

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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