



Men's Health



Foundational

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

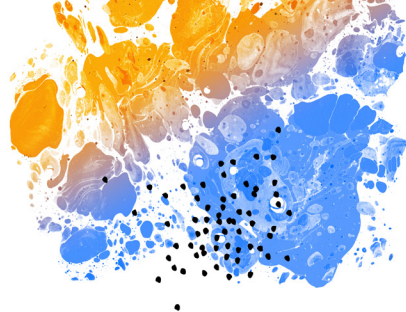
**TAMPER EVIDENT:** Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

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. TRAACS is a registered trademark of Albion International, Inc.



# THORNE®

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## Al's Formula® Multi for Men

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%    | Magnesium (142.5 mg as Magnesium Citrate and 142.5 mg as Magnesium Malate) | 285 mg  | 68%  |
| Vitamin C (as Ascorbic Acid)                                                                                                        | 850 mg     | 944%    | Zinc (as Zinc Picolinate)                                                  | 30 mg   | 273% |
| Vitamin D (as Vitamin D3) (1,600 IU)                                                                                                | 40 mcg     | 200%    | Selenium (as L-Selenomethionine)                                           | 200 mcg | 364% |
| Vitamin E (as d-Alpha Tocopheryl)                                                                                                   | 268 mg     | 1,787%  | Copper (as Copper Picolinate)                                              | 1.5 mg  | 167% |
| Vitamin K (as Vitamin K1)                                                                                                           | 100 mcg    | 83%     | Manganese (as Manganese Picolinate)                                        | 6 mg    | 261% |
| Thiamin (as Thiamin HCl)                                                                                                            | 40 mg      | 3,333%  | Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††              | 200 mcg | 571% |
| Riboflavin (as Riboflavin 5'-Phosphate Sodium)                                                                                      | 11 mg      | 846%    | Molybdenum (as Molybdenum Picolinate)                                      | 100 mcg | 222% |
| Niacin (130 mg as Niacinamide and 30 mg as Niacin)                                                                                  | 160 mg     | 1,000%  | Saw Palmetto extract (fruit) ( <i>Serenoa repens</i> )                     | 160 mg  | *    |
| Vitamin B6 (as Pyridoxal 5'-Phosphate)                                                                                              | 16.9 mg    | 994%    | Glycine                                                                    | 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%    | L-Alanine                                                                  | 100 mg  | *    |
| Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)                                                           | 450 mcg    | 18,750% | L-Glutamic Acid                                                            | 100 mg  | *    |
| Biotin                                                                                                                              | 400 mcg    | 1,333%  | Hawthorn extract (leaf and flower) ( <i>Crataegus laevigata</i> )          | 50 mg   | *    |
| Pantothenic Acid (as Calcium Pantothenate)                                                                                          | 413 mg     | 8,260%  | Boron (as Boron Picolinate)                                                | 3 mg    | *    |
| Choline (as Choline Citrate)                                                                                                        | 35 mg      | 6%      | Vanadium (as Vanadium Picolinate)                                          | 100 mcg | *    |
| Calcium (150 mg as Calcium Citrate and 150 mg as Calcium Malate)                                                                    | 300 mg     | 23%     | Lutein (from Aztec Marigold extract (flower) ( <i>Tagetes erecta</i> ))    | 192 mcg | *    |
|                                                                                                                                     |            |         | *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



VMM  
LVMM24