



Foundational

Healthy Aging¹

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-Methyltetrahydrofolate Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.]This product uses Albion's DimaCal® DiCalcium Malate. DimaCal is a registered trademark of Albion International, Inc.]This product uses Albion® DiMagnesium Malate. Albion is a registered trademark of Albion International, Inc.]This product uses Albion's TRAACS® Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRAACS is a registered trademark of Albion International, Inc.]This product uses Indena S.p.A.'s bilberry extract (Mirtoselect®). Mirtoselect is a registered trademark of Indena S.p.A.]This product contains Chroma-Dex Inc.'s proprietary Nicotinamide Riboside ingredient, Niagen®. Niagen is a registered trademark of ChromaDex, Inc. Patent: See ChromaDexPatents.com]This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.

¹This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

THORNE®

Extra Nutrients

DIETARY SUPPLEMENT

240
CAPSULES

SUPPLEMENT FACTS

Serving Size: Eight Capsules

Servings Per Container: 30

Eight Capsules Contain:	%DV	Eight Capsules Contain:	%DV
Vitamin A (375 mcg from Beta Carotene and 750 mcg as Palmitate)	1,125 mcg 125%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)††††	15 mg 136%
Vitamin C (as Ascorbic Acid)	800 mg 944%	Selenium (as L-Selenomethionine)	200 mcg 364%
Vitamin D (as Vitamin D3 (2,000 IU))	50 mcg 250%	Copper (as TRAACS® Copper Bisglycinate Chelate)††††	1.5 mg 167%
Vitamin E (200 IU as d-Alpha Tocopherol from Mixed Tocopherols)	134 mg 893%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)††††	6 mg 261%
Vitamin K (50 mcg as Vitamin K1 and 50 mcg as Vitamin K2 as MK-7)	100 mcg 82%	Chromium (as Chromium Nicotinate Glycinate Chelate)††††	200 mcg 571%
Thiamin (as Thiamin HCl)	40 mg 3,333%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††††	100 mcg 222%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	10 mg 769%	Quercetin Phytosome (Quercetin aganica extract (flower) / Phospholipid complex from Sunflower)	100 mg *
Niacin (130 mg as Nicotinamide and 30 mg as Niacin)	160 mg 1,000%	Silberry extract (fruit) (Vaccinium myrtillus)†††††	80 mg *
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg 588%	Nicotinamide Riboside Chloride††††††	25 mg *
Folate (1 mcg as L-5-Methyltetrahydrofolate) from L-5-Methyltetrahydrofolate Acid, Glucosamine Salt	1.7 mg DFE 425%	Trans-Resveratrol	25 mg *
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg 18,750%	Mixed Carotenoids (1 mg as Lutein, 1 mg as Astaxanthin, 1 mg as Zeaxanthin, and 1 mg as Lycopene)	4 mg *
Biotin	400 mcg 1,333%	Boron (as Bororganic™ Boron Glycinate Complex)†††††††	3 mg *
Pantothenic Acid (as Calcium Pantothenate)	450 mg 9,000%	Vanadyl Sulfate	250 mcg *
Choline (as Choline Citrate)	35 mg 6%		
Calcium (as DimaCal® DiCalcium Malate)††	250 mg 19%		
Iodine (as Potassium Iodide)	225 mcg 150%		
Magnesium (as Albion® DiMagnesium Malate)†††	250 mg 60%		

*Daily Value (DV) not established.

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

manufactured for: THORNE RESEARCH, INC., 1-800-328-1946



VMA
LVMA22