



THORNE®

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Multi-Vitamin Elite A.M.

DIETARY SUPPLEMENT

90
CAPSULES

SUPPLEMENT FACTS

Serving Size: Three Capsules

Servings Per Container: 30

Three 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)	13.5 mg	90%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2 as MK-4)	200 mcg	167%
Thiamin (as Thiamin HCl)	50 mg	4,167%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	923%
Niacin (as Niacinamide)	60 mg	375%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,176%
Folate (600 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg DFE	250%
Vitamin B12 (as Methylcobalamin)	600 mcg	25,000%
Biotin	500 mcg	1,667%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	900%
Choline (as Choline Citrate)	18 mg	3%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	38 mg	3%

Three Capsules Contain:		%DV
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)	63 mg	15%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	10 mg	91%
Selenium (as L-Selenomethionine)	100 mcg	182%
Copper (as TRAACS® Copper Bisglycinate Chelate)	750 mcg	83%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1.5 mg	65%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	571%
Curcumin Phytosome (<i>Curcuma longa</i> extract (root) / Phospholipid complex from Sunflower)	200 mg	**
Green Tea Phytosome (<i>Camellia sinensis</i> extract (leaf) decaffeinated / Phospholipid complex from Sunflower)	75 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Boron Glycinate Complex)	1 mg	**
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	300 mcg	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Laurate.

Gamma tocopherol does not have a recognized IU equivalent.

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

WARNING: If pregnant or nursing, do not use this product; otherwise consult your health-care practitioner before using this product.

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

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