



Foundational

**SUGGESTED USE:** Take 2 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

# THORNE®

## Basic Nutrients 2/Day

DIETARY SUPPLEMENT

60 CAPSULES

### SUPPLEMENT FACTS

Serving Size: Two Capsules  
Servings Per Container: 30

| Two 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)                    | 16.5 mg | 110%   |
| Vitamin K (200 mcg as Vitamin K1 and 200 mcg as Vitamin K2 as MK-4) | 400 mcg | 333%   |
| Thiamin (as Thiamin HCl)                                            | 50 mg   | 4,167% |
| Riboflavin (as Riboflavin 5'-Phosphate Sodium)                      | 12 mg   | 923%   |
| Niacin (as Niacinamide)                                             | 80 mg   | 500%   |
| Vitamin B6 (as Pyridoxal 5'-Phosphate)                              | 20 mg   | 1,176% |

Peel back for additional supplement facts ▶



VM2NC  
LVM2NC04

PEEL HERE

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

### SUPPLEMENT FACTS CONTINUED

Serving Size: Two Capsules  
Servings Per Container: 30

| Two Capsules Contain:                                                                                             | %DV      | Two Capsules Contain:                                   | %DV         | Two Capsules Contain:                                          | %DV            |
|-------------------------------------------------------------------------------------------------------------------|----------|---------------------------------------------------------|-------------|----------------------------------------------------------------|----------------|
| Folate (400 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt) 667 mcg DFE | 167%     | Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)†† | 20 mg 5%    | Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††  | 400 mcg 1,143% |
| Vitamin B12 (as Methylcobalamin) 600 mcg                                                                          | 25,000%  | Zinc (as TRAACS® Zinc Bisglycinate Chelate)††           | 15 mg 136%  | d-Gamma Tocopherol (from Mixed Tocopherols)                    | 24 mg *        |
| Biotin 500 mcg                                                                                                    | 1,667%   | Selenium (as L-Selenomethionine) 200 mcg                | 364%        | Boron (as Bororganic™ Boron Glycinate Complex)†††              | 2 mg *         |
| Pantothenic Acid (as Calcium Pantothenate) 45 mg                                                                  | 900%     | Copper (as TRAACS® Copper Bisglycinate Chelate)††       | 750 mcg 83% | Lutein (from Aztec Marigold extract (flower) (Tagetes erecta)) | 140 mcg *      |
| Calcium (as TRAACS® Calcium Bisglycinate Chelate, Dicalcium Phosphate, Calcium Laurate, Calcium Pantothenate)††   | 52 mg 4% | Manganese (as TRAACS® Manganese Bisglycinate Chelate)†† | 3 mg 130%   |                                                                |                |
| Iodine (as Potassium Iodide) 75 mcg                                                                               | 50%      |                                                         |             |                                                                |                |

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

Gamma tocopherol does not have a recognized IU equivalent.

†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® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Magnesium Bisglycinate Chelate, and Zinc Bisglycinate 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.

TIE-DOWN AREA