



THORNE®

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Multi-Vitamin Elite P.M.

DIETARY SUPPLEMENT

90
CAPSULES

SUPPLEMENT FACTS

Serving Size: Three Capsules

Servings Per Container: 30

Three Capsules Contain:		%DV
Vitamin A (90 mcg from Beta Carotene and 120 mcg as Palmitate)	210 mcg	23%
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin D (as Vitamin D3) (500 IU)	12.5 mcg	63%
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%
Folate (400 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	667 mcg DFE	167%
Biotin	500 mcg	1,667%
Choline (as Choline Citrate)	36 mg	7%
Calcium (as DimaCal® DiCalcium Malate, Calcium Laurate, Dicalcium Phosphate)	85 mg	7%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Albion® DiMagnesium Malate)	107 mg	25%

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

Gamma tocopherol does not have a recognized IU equivalent.

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

Three Capsules Contain:		%DV
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	20 mg	182%
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%
Proprietary Blend†	200 mg	**
Magnolia officinalis (bark) extract		**
Phellodendron amurense (bark) extract		**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Boron Glycinate Complex)	2 mg	**
Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))	300 mcg	**

**Daily Value (DV) not established.

WARNING: If pregnant, nursing, or trying to conceive, 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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