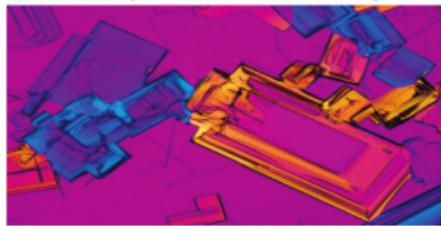


THORNE

R E S E A R C H



BASIC NUTRIENTS 2/DAY

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Gamma Tocopherol does not have a recognized IU equivalent.

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.

†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.

Supplement Facts

Serving Size: Two Capsules

Servings Per Container: 30

Two Capsules Contain:

% DV

Vitamin A (3,000 IU from Mixed Carotenes and 2,000 IU as Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as Vitamin D3)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopherol Acid Succinate)	20 IU	67%
Vitamin K (200 mcg as Vitamin K1 and 200 mcg as Vitamin K2)	400 mcg	500%
Thiamin (as Thiamin HCl)	50 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%

Two Capsules Contain:

% DV

Niacin (as Niacinamide)	80 mg	400%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Biotin	500 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Calcium (as Calcium Bisglycinate Chelate)	30 mg	3%

Peel back for additional supplement facts

Manufactured For: Thorne Research, Inc., P.O. Box 25, Dover, Idaho 83825 USA 1-800-228-1966 www.thorne.com



VM2
LVM201

PEEL
HERE

Supplement Facts Cont.

Serving Size: Two Capsules

Servings Per Container: 30

Two Capsules Contain:

% DV

Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)	20 mg	5%
Zinc (as Zinc Bisglycinate Chelate)	15 mg	100%
Selenium (as Selenomethionine)	200 mcg	286%
Copper (as Copper (II) Bisglycinate Chelate)	750 mcg	38%
Manganese (as Manganese (II) Bisglycinate Chelate)	3 mg	150%

Two Capsules Contain:

% DV

Chromium (as Chromium Nicotinate Glycinate Chelate)	400 mcg	333%
Molybdenum (as Molybdenum (II) Glycinate Chelate)	100 mcg	133%
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	*
Boron (as Bororganic Glycine)	2 mg	*

*Daily Value (DV) not established.

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