



Women's Health



Foundational

**SUGGESTED USE:** Take 3-6 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.COM

THORNE®

.....

Women's Multi 50+

Multi without Copper and Iron

DIETARY SUPPLEMENT

180  
CAPSULES



## SUPPLEMENT FACTS

Serving Size: Six Capsules

Servings Per Container: 30

| Six Capsules Contain:                                                                              | %DV             | Six Capsules Contain:                                                   | %DV          |
|----------------------------------------------------------------------------------------------------|-----------------|-------------------------------------------------------------------------|--------------|
| Vitamin A (1,875 mcg from Beta Carotene and 750 mcg as Palmitate)                                  | 2.63 mg 292%    | Choline (as Choline Citrate)                                            | 35 mg 6%     |
| Vitamin C (as Ascorbic Acid)                                                                       | 850 mg 944%     | Calcium (as Calcium Malate)                                             | 240 mg 18%   |
| Vitamin D (as Vitamin D3) (1,000 IU)                                                               | 25 mcg 125%     | Iodine (as Potassium Iodide)                                            | 225 mcg 150% |
| Vitamin E (as d-Alpha Tocopheryl)                                                                  | 268 mg 1,787%   | Magnesium (as Magnesium Malate)                                         | 180 mg 43%   |
| Thiamine (as Thiamin HCl)                                                                          | 40 mg 3,333%    | Zinc (as TRAACS® Zinc Bisglycinate Chelate)††                           | 15 mg 136%   |
| Riboflavin (as Riboflavin 5'-Phosphate Sodium)                                                     | 11 mg 846%      | Selenium (as L-Selenomethionine)                                        | 200 mcg 364% |
| Niacin (130 mg as Niacinamide and 30 mg as Niacin)                                                 | 160 mg 1,000%   | Manganese (as TRAACS® Manganese Bisglycinate Chelate)††                 | 6 mg 261%    |
| Vitamin B6 (as Pyridoxal 5'-Phosphate)                                                             | 10 mg 588%      | Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††           | 200 mcg 571% |
| Folate (1 mg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt) | 1.7 mg DFE 425% | Boron (as Bororganic™ Boron Glycinate Complex)†††                       | 3 mg *       |
| Vitamin B12 (as Methylcobalamin)                                                                   | 450 mcg 18,750% | Lutein (from Aztec Marigold extract (flower) ( <i>Tagetes erecta</i> )) | 144 mcg *    |
| Biotin                                                                                             | 400 mcg 1,333%  |                                                                         |              |
| Pantothenic Acid (as Calcium Pantothenate)                                                         | 413 mg 8,260%   |                                                                         |              |

\*Daily Value (DV) not established.

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

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

manufactured in the USA using US & imported ingredients by: THORNE RESEARCH, INC., 1-800-228-1966



VM6W  
LVM6W04