SUPPLEMENT FACTS FOR A.M.

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 Thiamine 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)	900 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, Dicalcium Phosphate, Calcium Laurate, Calcium Pantothenate)††	75 mg	6%
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)††	700 mcg	83%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg	65%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	571%
Curcumin Phytosome††† (*Curcuma longa* extract (root) / Phospholipid complex from Sunflower)	200 mg	**
Green Tea Phytosome††† (*Camellia sinensis* 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) (*Tagetes erecta*))	300 mcg	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Laurate, Dicalcium Phosphate.
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, Magnesium Bisglycinate Chelate, Copper Bisglycinate Chelate, and Zinc Bisglycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. ††† This product uses curcumin phytosome (Meriva®) and green tea phytosome (Greenselect®). Meriva and Greenselect are registered trademarks of Indena S.p.A. †††† This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc. ††††† This product uses Albion's OmniCal® (DiCalcium Malate, OmniCal is a registered trademark of Albion International, Inc. ††††††This product uses Albion's Magnesium Albion® is a registered trademark of Albion International, Inc. ††††††† This product uses Retinol® (a proprietary blend of a patented extract from *Magnolia officinalis* bark and a proprietary extract from *Phellodendron amurense* bark). Relora is a registered trademark of Interhealth N.I. Its use in this product is protected by U.S. Patent Nos. 6,562,735 and 6,214,867.

‡ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

KION

SUPPLEMENT FACTS FOR P.M.

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 OmniCal® (DiCalcium Malate, Calcium Laurate, Dicalcium Phosphate)†††)	85 mg	7%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Albion® (Magnesium Malate)†††††)	167 mg	39%
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††††††† (*Magnolia officinalis* (bark) extract / *Phellodendron amurense* (bark) extract)	200 mg	**
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.

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

Foundational

Sports Performance†

SUGGESTED USE: Take 3 capsules of the A.M. formula in the morning and 3 capsules of the P.M. formula in the evening daily with a meal or as recommended by your health-care practitioner.

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

WARNING: If pregnant, nursing or trying to conceive, do not use this product.

EXCLUSIVE

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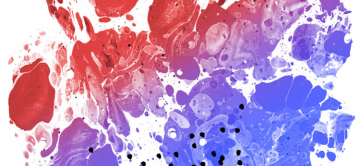

THORNE®

Multi-Vitamin Elite

DIETARY SUPPLEMENT

2 BOTTLES
90 CAPSULES EACH

VM114
CTNVM111407

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