



THORNE®

Multi-Vitamin Elite P.M.

DIETARY SUPPLEMENT

90
CAPSULES

SUPPLEMENT FACTS

Serving Size: Three Capsules

Servings Per Container: 30

Three Capsules Contain	%DV	Three Capsules Contain	%DV
Vitamin A (90 mcg from Beta Carotene and 120 mcg as Palmitate)	210 mcg 23%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	20 mg 182%
Vitamin C (as Ascorbic Acid)	150 mg 167%	Selenium (as L-Selenomethionine)	100 mcg 182%
Vitamin D (as Vitamin D3) (500 IU)	12.5 mcg 63%	Copper (as TRAACS® Copper Bisglycinate Chelate)	750 mcg 83%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	13.5 mg 90%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1.5 mg 65%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2 as MK-4)	200 mcg 167%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%
Folate (400 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	667 mcg DFE 167%	Proprietary Blend	200 mg
Biotin	500 mcg 1,667%	Magnolia extract (bark) (<i>Magnolia officinalis</i>)	**
Choline (as Choline Citrate)	36 mg 7%	Phellodendron extract (bark) (<i>Phellodendron amurense</i>)	**
Calcium (as DimaCal® DiCalcium Malate, Calcium Laurate, Dicalcium Phosphate)	85 mg 7%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg **
Iodine (as Potassium Iodide)	75 mcg 50%	Boron (as Bororganic™ Boron Glycinate Complex)	2 mg **
Magnesium (as Albion® DiMagnesium Malate)	107 mg 25%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	300 mcg **

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

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

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



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