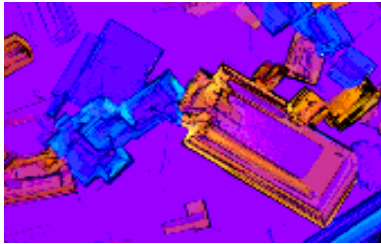


TOP

THORNE
R E S E A R C H



CITRATE FORMULA
BASIC NUTRIENTS IV
WITH COPPER AND IRON

180 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Six Capsules
Servings Per Container: 30

Six Capsules Contain:	% DV	Six Capsules Contain:	% DV
Vitamin A (12,500 IU from Beta Carotene and 2,500 IU as Palmitate)	15,000 IU 300%	Iron (as Iron Picolinate)	15 mg 83%
Vitamin C (as Ascorbic Acid)	850 mg 1,417%	Iodine (as Potassium Iodide)	225 mcg 150%
Vitamin D (as Vitamin D3)	1,000 IU 250%	Magnesium (as Magnesium Citrate-Malate)	285 mg 71%
Vitamin E (as d-Alpha Tocopheryl)	400 IU 1,333%	Zinc (as Zinc Picolinate)	15 mg 100%
Thiamin (as Thiamin HCl)	40 mg 2,667%	Selenium (as L-Selenomethionine)	200 mcg 286%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg 647%	Copper (as Copper Picolinate)	1.5 mg 75%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg 800%	Manganese (as Manganese Picolinate)	6 mg 300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg 500%	Chromium (as Chromium Chelidamate Arginate)†	200 mcg 167%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolate Glucosamine Salt)	1 mg 250%	Molybdenum (as Molybdenum Picolinate)	100 mcg 133%
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg 7,500%	Potassium (as Potassium Citrate-Malate)	90 mg 3%
Biotin	400 mcg 133%	Choline Citrate	100 mg *
Pantothenic Acid (as Calcium Pantothenate)	413 mg 4,130%	Boron (as Boron Picolinate)	3 mg *
Calcium (as Calcium Citrate-Malate)	300 mg 30%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	144 mcg *
		Vanadium (as Vanadium Picolinate)	100 mcg *

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.



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



VM7
LVM719

ADHESIVE PRINT
(BEHIND TOP)

TIE-DOWN AREA

BASE

TIE-DOWN AREA

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.
†Thorne's trade name for Chromium (4 oxopyridine,2,6-dicarboxylate, arginate) is UltraChrome®. Its use in this product is protected by U.S. Patent No. 5,665,385.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.

Certification of Conformity of the child-proof closure with the Poison Prevention Packaging Act is available at www.thorne.com/iron_certification.html