

A comprehensive multiple vitamin/mineral formula for optimal daytime foundation.\*

## suggested use:

Take 3 capsules in the morning daily with a meal or as recommended by your fitness professional.

If pregnant, consult your health-care practitioner before using this product.

\*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.

to find out more go to:  
[ThorneFX.com](http://ThorneFX.com)

## SUPPLEMENT FACTS

Serving Size: Three Capsules

Servings Per Container: 30

## Three Capsules Contain:

% DV

Vitamin A (3,000 IU as 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 (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2)	200 mcg	250%
Thiamin (as Thiamin HCl)	50 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Folate (as L-5-Methyltetrahydrofolate from (L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	600 mcg	150%
Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Biotin	500 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%

## Three Capsules Contain:

% DV

Calcium (as Calcium Bisglycinate Chelate)	38 mg	4%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)	63 mg	16%
Zinc (as Zinc Bisglycinate Chelate)	10 mg	67%
Selenium (as Selenomethionine)	100 mcg	143%
Copper (as Copper (II) Bisglycinate Chelate)	750 mcg	38%
Manganese (as Manganese (II) Bisglycinate Chelate)	1.5 mg	75%
Chromium (as Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
Molybdenum (as Molybdenum (II) Glycinate Chelate)	50 mcg	67%
Curcumin Phytosome ( <i>Curcuma longa</i> extract (root) / Phosphatidylcholine complex)	200 mg	*
Green Tea Phytosome ( <i>Camellia sinensis</i> extract (leaf) decaffeinated / Phosphatidylcholine complex)	75 mg	*
Choline Citrate	50 mg	*
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	*
Boron (as Bororganic™ Glycine)	1 mg	*

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.  
Contains ingredients derived from soy (phytosomes).  
Gamma tocopherol does not have a recognized IU equivalent.

MULTI  
COMPLEXSUPERIOR BIOAVAILABILITY\* HELPS OPTIMIZE ENERGY  
LEVELS DURING THE DAY\* 

morning

90  
Vegetarian Capsules  
Dietary Supplement

manufactured for:  
THORNE FX  
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