

suggested use: Take 3 capsules of the AM formula in the morning and 3 capsules of the PM formula in the evening daily with a meal or as recommended by your fitness professional.

SUPPLEMENT FACTS FOR AM

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 Tocopheryl 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 Nicotinamide)	80 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%
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†† (Curcuma longa extract (root) / Phosphatidylcholine complex)	200 mg *
Green Tea Phytosome††† (Camellia sinensis 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: Hydroxymethylcellulose (derived from cellulose), capsule, Microcrystalline Cellulose, Calcium Lactate, Silicon Dioxide, Contains ingredients derived from soy (phytosome).

SUPPLEMENT FACTS FOR PM

Serving Size: Three Capsules	Servings Per Container: 30
Three Capsules Contain:	% DV
Vitamin A (500 IU as Mixed Carotenes and 400 IU as Palmitate)	1,000 IU 20%
Vitamin C (as Ascorbic Acid)	150 mg 250%
Vitamin D (as Vitamin D3)	500 IU 125%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU 67%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2)	200 mcg 250%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)†	400 mcg 100%
Biotin	500 mcg 167%
Calcium (as Calcium Bisglycinate Chelate)	50 mg 5%
Iodine (as Potassium Iodide)	75 mcg 50%
Magnesium (as Magnesium Bisglycinate Chelate)	107 mg 27%
Zinc (as Zinc Bisglycinate Chelate)	20 mg 133%
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%
Proprietary Blend†††	200 mg *
Magnolia officinalis (bark) extract	*
Phellodendron amurense (bark) extract	*
Choline Citrate	100 mg *
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg *
Boron (as Bororganic™ Glycine)	2 mg *

*Daily Value (DV) not established.

Other Ingredients: Hydroxymethylcellulose (derived from cellulose), capsule, Microcrystalline Cellulose, Calcium Lactate, Silicon Dioxide.

†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 curcumin phytosome (Merna®) and green tea phytosome (Greenselect®). Merna and Greenselect are registered trademarks of Indena S.p.A.

†††This product uses Relora® (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 NPI, LLC. Its use in this product is protected by U.S. Patent No. 6,582,725.

Gamma Tocopherol does not have a recognized IU.

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

MULTI COMPLEX

AM formulation

manufactured for:

THORNE FX
P.O. BOX 25, DOVER, IDAHO
83825 USA 1-800-228-1966



Precision
Nutrition
approved

CREATED FOR
FITNESS EXPERTS
**THORNE
FX**

MULTI COMPLEX

SUPERIOR BIOAVAILABILITY*



HELPS OPTIMIZE ENERGY
LEVELS DURING THE DAY*



HELPS SUPPORT REST &
RECOVERY OVERNIGHT*



AM/PM formulations

2 BOTTLES: 90 Capsules per Bottle
Dietary Supplement

MULTI COMPLEX

PM formulation

to find out more go to: ThorneFX.com

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CAD 7582



TFX114
LTFX11401