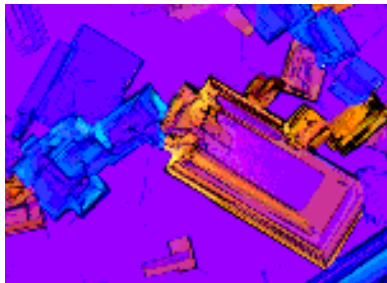


THORNE

R E S E A R C H



META-FEM®

Basic Nutrients for Women Over 40

240 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Eight Capsules

Servings Per Container: 30

Eight Capsules Contain:			% DV	Eight Capsules Contain:			% DV	Eight Capsules Contain:			% DV
Vitamin A (12,500 IU from Beta Carotene and 2,500 IU as Palmitate)	15,000 IU	300%		Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg	7,500%		Molybdenum (as Molybdenum Picolinate)	100 mcg	133%	
Vitamin C (as Ascorbic Acid)	850 mg	1,417%		Biotin	400 mcg	133%		Potassium (as Potassium Citrate-Malate)	90 mg	3%	
Vitamin D (as Vitamin D3)	1,600 IU	400%		Pantothenic Acid (as Calcium Pantothenate)	413 mg	4,130%		Choline Citrate	100 mg	*	
Vitamin E (as d-Alpha Tocopheryl)	400 IU	1,333%		Calcium (as Calcium Citrate-Malate)	600 mg	60%		Dong Quai extract (root) (<i>Angelica sinensis</i>)	100 mg	*	
Vitamin K (as Vitamin K1)	100 mcg	125%		Iodine (as Potassium Iodide)	225 mcg	150%		Hesperidin Methyl Chalcone	75 mg	*	
Thiamin (as Thiamin HCl)	40 mg	2,667%		Magnesium (as Magnesium Citrate-Malate)	300 mg	75%		Wild Yam (root) (<i>Dioscorea villosa</i>)	50 mg	*	
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	647%		Zinc (as Zinc Picolinate)	15 mg	100%		Boron (as Boron Picolinate)	4 mg	*	
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	800%		Selenium (as L-Selenomethionine)	200 mcg	286%		Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	192 mcg	*	
Vitamin B6 (as Pyridoxal 5'-Phosphate)	16.9 mg	845%		Copper (as Copper Picolinate)	1.5 mg	75%		Vanadium (as Vanadium Picolinate)	100 mcg	*	
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg	250%		Manganese (as Manganese Picolinate)	6 mg	300%		*Daily Value (DV) not established.			
				Chromium (as Chromium Nicotinate Glycinate Chelate)	200 mcg	167%					

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

Suggested Use: Take 4-8 capsules daily or as recommended by your health-care practitioner.

Tamper Evident: Use only if bottle is sealed.

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

Store tightly sealed in a cool, dry place.



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



6

VMW
LVMW17