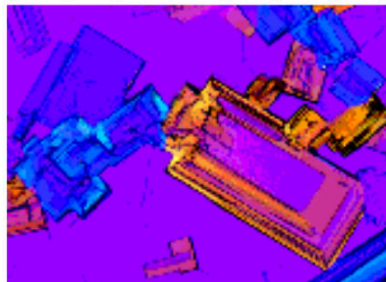


THORNE

R E S E A R C H



NUTRI-FEM™

Basic Nutrients for Women Under 40

240 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Eight Capsules

Servings Per Container: 30

Eight Capsules Contain:			Eight Capsules Contain:			Eight Capsules Contain:		
		% DV			% DV			% 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%	Chromium (as Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
Vitamin C (as Ascorbic Acid)	850 mg	1,417%	Biotin	400 mcg	133%	Molybdenum (as Molybdenum Picolinate)	100 mcg	133%
Vitamin D (as Vitamin D3)	1,600 IU	400%	Pantothenic Acid (as Calcium Pantothenate)	413 mg	4,130%	Potassium (as Potassium Citrate-Malate)	90 mg	3%
Vitamin E (as d-Alpha Tocopheryl)	400 IU	1,333%	Calcium (as Calcium Citrate-Malate)	500 mg	50%	Choline Citrate	100 mg	*
Vitamin K (as Vitamin K1)	100 mcg	125%	Iron (as Iron Picolinate)	15 mg	83%	Wild Yam (root) (<i>Dioscorea villosa</i>)	50 mg	*
Thiamin (as Thiamin HCl)	40 mg	2,667%	Iodine (as Potassium Iodide)	225 mcg	150%	Boron (as Boron Picolinate)	3 mg	*
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	647%	Magnesium (as Magnesium Citrate-Malate)	285 mg	71%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	192 mcg	*
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	800%	Zinc (as Zinc Picolinate)	15 mg	100%	Vanadium (as Vanadium Picolinate)	100 mcg	*
Vitamin B6 (as Pyridoxal 5'-Phosphate)	23.7 mg	1,185%	Selenium (as L-Selenomethionine)	200 mcg	286%	*Daily Value (DV) not established.		
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg	250%	Copper (as Copper Picolinate)	1.5 mg	75%			
			Manganese (as Manganese Picolinate)	6 mg	300%			

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. Store tightly sealed in a cool, dry place.

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



Manufactured For: Thorne Research, Inc.
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1-800-228-1966 www.thorne.com

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



VMF
LVMF17