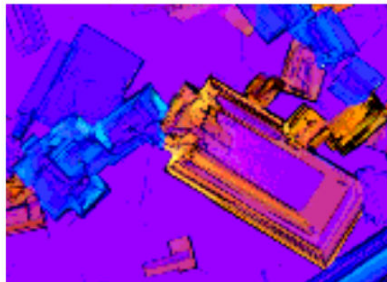


THORNE

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: One Capsule

One Capsule Contains:	One Capsule Contains:	One Capsule Contains:
Retinol (1,560 IU from Beta Carotene and 310 IU as Vitamin A Palmitate) 1,870 IU 562 mcg	Folate (62.5 mcg as Calcium Folate and 62.5 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt) 125 mcg	Manganese (as Manganese Picolinate) 700 mcg
Vitamin C (as Ascorbic Acid) 106 mg	Vitamin B12 (25 mcg as Adenosylcobalamin and 25 mcg as Methylcobalamin) 50 mcg	Chromium (as Chromium Nicotinate Glycinate Chelate) 25 mcg
Vitamin D (as Vitamin D3) 200 IU 4.9 mcg	Biotin 50 mcg	Molybdenum (as Molybdenum Picolinate) 12 mcg
Vitamin E (as d-Alpha Tocopheryl) 50 IU 40 mg	Pantothenic Acid (as Calcium Pantothenate) 51 mg	Potassium (as Potassium Citrate-Malate) 11 mg
Vitamin K (as Vitamin K1) 12 mcg	Calcium (as Calcium Citrate-Malate) 75 mg	Choline Citrate 12 mg
Thiamin (as Thiamin HCl) 5 mg	Iodine (as Potassium Iodide) 28 mcg	Dong Quai extract (root) (<i>Angelica sinensis</i>) 12 mg
Riboflavin (as Riboflavin 5'-Phosphate Sodium) 1 mg	Magnesium (as Magnesium Citrate-Malate) 37 mg	Hesperidin Methyl Chalcone 9 mg
Niacin (16 mg as Niacinamide and 4 mg as Niacin) 20 mg	Zinc (as Zinc Picolinate) 1.5 mg	Wild Yam (root) (<i>Dioscorea villosa</i>) 6 mg
Vitamin B6 (as Pyridoxal 5'-Phosphate) 2 mg	Selenium (as L-Selenomethionine) 25 mcg	Boron (as Boron Picolinate) 500 mcg
	Copper (as Copper Picolinate) 187 mcg	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>)) 24 mcg
		Vanadium (as Vanadium Picolinate) 12 mcg

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

Suggested Use: Take 1 capsule 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.
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