

180 VEGETARIAN CAPSULES
DIFTARY SUPPLEMENT

upplement Facts

erving Size: Six Capsules Servings per Container: 30			
ix Capsules Contain:		% DV	
tamin A (3,750 IU from Beta Carotene and			
750 IU as Palmitate)	4,500 IU	90%	
tamin C (as Ascorbic Acid)	250 mg	417%	
tamin D (as Vitamin D3)	400 IU	100%	
tamin E (as d-Alpha Tocopheryl)	120 IU	400%	
tamin K (as Vitamin K1)	30 mcg	38%	
niamin (as Thiamin HCl)	12 mg	800%	
iboflavin (as Riboflavin 5'-Phosphate Sodium)	3.3 mg	194%	
iacin (40 mg as Niacinamide and 9 mg as Niacin)	49 mg	245%	
tamin B6 (as Pyridoxal 5'-Phosphate)	3 mg	150%	
plate (200 mcg as Calcium Folinate and 200 mcg as L-5-Methyltetrahydrofolate from			
L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%	
tamin B12 (67.5 mcg as Adenosylcobalamin and			
67.5 mcg as Methylcobalamin)	135 mcg	2,250%	
iotin	120 mcg	40%	
antothenic Acid (as Calcium Pantothenate)	124 mg	1,240%	

V	Six Capsules Contain:		% DV
Т	Calcium (as Calcium Citrate-Malate)	90 mg	9%
56	Iron (as Iron Picolinate)	4.5 mg	25%
%	Iodine (as Potassium Iodide)	67.5 mcg	45%
56	Magnesium (as Magnesium Citrate-Malate)	85 mg	21%
% % % % % %	Zinc (as Zinc Picolinate)	4.5 mg	30%
56	Selenium (as L-Selenomethionine)	60 mcg	86%
%	Copper (as Copper Picolinate)	450 mcg	23%
56	Manganese (as Manganese Picolinate)	1.8 mg	90%
%	Chromium (as Chromium Nicotinate Glycinate Chelate)	60 mcg	50%
56	Molybdenum (as Molybdenum Picolinate)	30 mcg	40%
	Potassium (as Potassium Citrate-Malate)	27 mg	1%
%	Choline Citrate	30 mg	*
	Boron (as Boron Picolinate)	900 mcg	
%	Lutein (from Aztec Marigold extract (flower) (Tagetes erectal)	36 mca	*
56	Vanadium (as Vanadium Picolinate)	30 mcg	*

*Daily Value (DV) not established

VMC LVMC17

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

Tamper Evident: Use only if bottle is sealed. 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

Suggested Use For Children, Four and Older: Take 2-6 capsules daily or as recommended by your health-care practitioner.

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 immediated.