



EX05114PM
LEX05114PM02



Certified For Sport™



Precision Nutrition
approved



SUPPLEMENT FACTS

**Serving Size: Three Capsules
Servings Per Container: 30**

Three Capsules Contain:	% DV	
Vitamin A (600 IU as Beta Carotene and 400 IU as Palmitate)	1,000 IU	20%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	500 IU	125%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	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 L-Selenomethionine)	100 mcg	143%

Three Capsules Contain:	% DV	
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	**
<i>Magnolia officinalis</i> (bark) extract		**
<i>Phellodendron amurense</i> (bark) extract		**
Tocopherol Citrate	100 mg	**
-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Glycine)	2 mg	**
Fluoride (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	600 mcg	**

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

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.

†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. 6,582,735. Gamma tocopherol does not have a recognized IU equivalent.

POWERED BY THORNE RESEARCH



PERFORMANCE NUTRITION



MULTI-VITAMIN ELITE PM

FOUNDATION

DIETARY SUPPLEMENT 90 Vegetarian Capsules

SUGGESTED USE:
Take 3 capsules in
the **evening** daily
with a meal or as
recommended by
your health-care or
performance
professional.

EXOSfuel.com

Designed to support
better rest and recovery*¹

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

manufactured for:
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