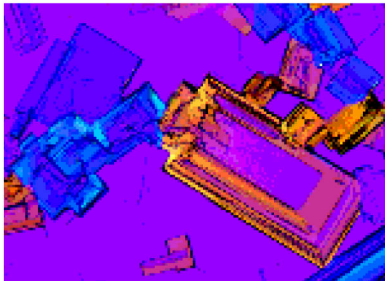


THORNE

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 Mixed Carotenes 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%	Vanadium (as Vanadium Picolinate)	100 mcg *
Vitamin B6 (as Pyridoxal 5'-Phosphate)	16.9 mg 845%	Copper (as Copper Picolinate)	1.5 mg 75%	*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%	Manganese (as Manganese Picolinate)	6 mg 300%		
		Chromium (as Chromium Chelidamate Arginate)†	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.

†Thorne's trade name for Chromium (4 oxopyridine,2,6-dicarboxylate, arginate) is UltraChrome®. Its use in this product is protected by U.S. Patent No. 5,665,385. Angelica PE 6:1.



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