

POWERED BY THORNE RESEARCH

EXOS

PERFORMANCE NUTRITION

MULTI-VITAMIN

FOUNDATION

DIETARY SUPPLEMENT 60 Vegetarian Capsules

## SUPPLEMENT FACTS

Serving Size: Two Capsules  
Servings Per Container: 30

| Two Capsules Contain:                                                                      |          | % DV   |
|--------------------------------------------------------------------------------------------|----------|--------|
| Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)                            | 5,000 IU | 100%   |
| Vitamin C (as Ascorbic Acid)                                                               | 250 mg   | 417%   |
| Vitamin D3 (as Cholecalciferol)                                                            | 2,000 IU | 500%   |
| Vitamin E (as d-Alpha Tocopheryl Acid Succinate)                                           | 20 IU    | 67%    |
| Vitamin K (200 mcg as Vitamin K1 (Phytonadione) and 200 mcg as Vitamin K2 (Menaquinone-4)) | 400 mcg  | 500%   |
| Thiamin (as Thiamin HCl)                                                                   | 50 mg    | 3,333% |
| Riboflavin (as Riboflavin 5'-Phosphate Sodium)                                             | 12 mg    | 706%   |

| Two Capsules Contain:                                                                        |         | % DV    |
|----------------------------------------------------------------------------------------------|---------|---------|
| Niacin (as Niacinamide)                                                                      | 80 mg   | 400%    |
| Vitamin B6 (as Pyridoxal 5'-Phosphate)                                                       | 20 mg   | 1,000%  |
| Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt) | 400 mcg | 100%    |
| Vitamin B12 (as Methylcobalamin)                                                             | 600 mcg | 10,000% |
| Biotin                                                                                       | 500 mcg | 167%    |
| Pantothenic Acid (as Calcium Pantothenate)                                                   | 45 mg   | 450%    |
| Calcium (as Calcium Bisglycinate Chelate)                                                    | 30 mg   | 3%      |

Peel back for additional supplement facts

Manufactured For: Thorne Research, Inc., P.O. Box 25, Dover, Idaho 83825 USA 1-800-228-1966 www.thorne.com



EXOSVM2  
LEXOSVM202

PEEL  
HERE



## SUPPLEMENT FACTS CONT.

Serving Size: Two Capsules  
Servings Per Container: 30

| Two Capsules Contain:                              |         | % DV | Two Capsules Contain:                                                |         | % DV |
|----------------------------------------------------|---------|------|----------------------------------------------------------------------|---------|------|
| Iodine (as Potassium Iodide)                       | 75 mcg  | 50%  | Chromium (as Chromium Nicotinate Glycinate Chelate)                  | 400 mcg | 333% |
| Magnesium (as Magnesium Bisglycinate Chelate)      | 20 mg   | 5%   | Molybdenum (as Molybdenum (II) Glycinate Chelate)                    | 100 mcg | 133% |
| Zinc (as Zinc Bisglycinate Chelate)                | 15 mg   | 100% | d-Gamma Tocopherol (from Mixed Tocopherols)                          | 24 mg   | *    |
| Selenium (as L-Selenomethionine)                   | 200 mcg | 286% | Boron (from Bororganic™ Glycine)                                     | 2 mg    | *    |
| Copper (as Copper (II) Bisglycinate Chelate)       | 750 mcg | 38%  | Lutein (from Aztec Marigold extract (flower) <i>Tagetes erecta</i> ) | 300 mcg | *    |
| Manganese (as Manganese (II) Bisglycinate Chelate) | 3 mg    | 150% |                                                                      |         |      |

\*Daily Value (DV) not established.

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

FOUNDATION

EXOSfuel.com

BOOST  
RESTORE



PRECISION NUTRITION  
APPROVED

### SUGGESTED USE:

Take 2 capsules daily or as recommended by your health-care or performance professional.

**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.

Gamma tocopherol does not have a recognized IU equivalent.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.