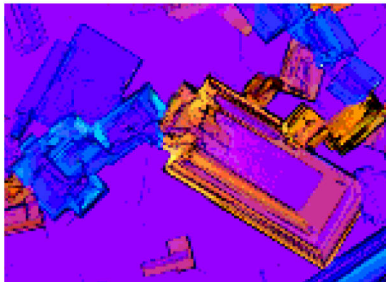


THORNE

R E S E A R C H



CITRATE FORMULA BASIC NUTRIENTS III WITHOUT COPPER AND IRON

180 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: One Capsule

One Capsule Contains:

Vitamin A (2083 IU from Beta Carotene and 417 IU as Palmitate)	2,500 IU
Vitamin C (as Ascorbic Acid)	140 mg
Vitamin D (as Vitamin D3) 165 IU	4.1 mcg
Vitamin E (as d-Alpha Tocopheryl) 65 IU	53 mg
Thiamin (as Thiamin HCl)	6.5 mg
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	1.8 mg
Niacin (21.5 mg as Niacinamide and 4.5 mg as Niacin)	26 mg
Vitamin B6 (as Pyridoxal 5'-Phosphate)	1.6 mg
Folate (83 mcg as Calcium Folate and 83 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	166 mcg
Vitamin B12 (25 mcg as Adenosylcobalamin and 25 mcg as Methylcobalamin)	50 mcg
Biotin	65 mcg

One Capsule Contains:

Pantothenic Acid (as Calcium Pantothenate)	68 mg
Calcium (as Calcium Citrate)	40 mg
Iodine (as Potassium Iodide)	37.5 mcg
Magnesium (as Magnesium Citrate)	30 mg
Zinc (as Zinc Picolinate)	2.5 mg
Selenium (as L-Selenomethionine)	33 mcg
Manganese (as Manganese Picolinate)	1 mg
Chromium (as Chromium Nicotinate Glycinate Chelate)	33 mcg
Molybdenum (as Molybdenum Picolinate)	16 mcg
Potassium (as Potassium Citrate)	10 mg
Choline Citrate	16.5 mg
Boron (as Boron Picolinate)	500 mcg
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	24 mcg
Vanadium (as Vanadium Picolinate)	16.5 mcg

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

Suggested Use: Take 1 capsule daily or as recommended by your health-care practitioner.

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.



Manufactured For: Thorne Research, Inc.
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