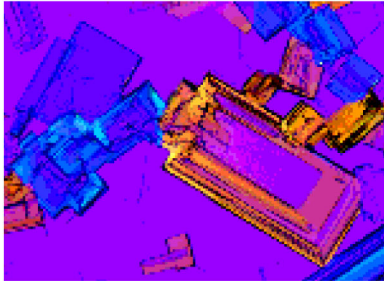


THORNE

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 Beta Carotene 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 (40 mg as Potassium Citrate and 40 mg as Potassium Malate)			80 mg	2%	
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 (240 mg as Calcium Citrate and 240 mg as Citrate Malate)			480 mg	48%		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 (120 mg as Magnesium Citrate and 120 mg as Magnesium Malate)			240 mg	60%		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%		Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))			192 mcg	*	
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 TRAACS® Chromium Nicotinate Glycinate Chelate)†			200 mcg	167%							

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, 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. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.

†This product uses Albion's TRAACS® Chromium Nicotinate Glycinate chelate. TRAACS is a registered trademark of Albion Laboratories International, Inc.



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