

SUGGESTED USE:

Take 3 capsules of the A.M. formula in the morning and 3 capsules of the P.M. formula in the evening daily with a meal or as recommended by your health-care or performance professional. If pregnant or nursing, do not use this product; otherwise consult your health-care practitioner before using this product.

SUPPLEMENT FACTS FOR A.M.		
Serving Size: Three Capsules		Servings Per Container: 30
Three 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 (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg	250%
Thiamin (as Thiamin HCl)	50 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)†	600 mcg	150%
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)	38 mg	4%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)	63 mg	16%
Zinc (as Zinc Bisglycinate Chelate)	10 mg	20%
Selenium (as L-Selenomethionine)	100 mcg	43%
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%
Curcumin Phytosome†† (Curcuma longa extract (root) / Phosphatidylcholine complex)	200 mg	**
Green Tea Phytosome†† (Camellia sinensis extract (leaf) decaffeinated / Phosphatidylcholine complex)	75 mg	**
Choline Citrate	50 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Glycine)	1 mg	**
Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))	300 mcg	**

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

SUPPLEMENT FACTS FOR P.M.		
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%
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	**
Magnolia officinalis (bark) extract		**
Phellodendron amurense (bark) extract		**
Choline Citrate	100 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Glycine)	2 mg	**
Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))	600 mcg	**

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

†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.
††This product uses curcumin phytosome (Meriva®) and green tea phytosome (Greenselect®). Meriva and Greenselect are registered trademarks of Indena S.p.A.
†††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.



IF YOU'RE HOLDING THIS PACKAGE, YOU'RE MOST LIKELY LOOKING TO UPGRADE A PART OF YOUR LIFE. YOU REALIZE THERE'S UNTAPPED POTENTIAL INSIDE. YOU KNOW YOU CAN BETTER YOUR BEST. AT EXOS, OUR GOAL IS TO RELEASE THAT POTENTIAL. WE'RE ON A RELENTLESS PURSUIT TO FIND NEW AND BETTER WAYS TO HELP YOU PERFORM BETTER. THIS IS OUR LATEST FINDING. FORMULATED WHEN WE COMBINED OUR PROVEN SYSTEMS OF HEALTH AND PERFORMANCE WITH THE SUPPLEMENT EXPERTISE OF THORNE RESEARCH. THINK OF IT AS OUR COMMITMENT TO RELEASING YOUR POTENTIAL SO YOU CAN GET WHERE YOU WANT TO GO. IT MAY EVEN TEMPT YOU TO GO A LITTLE FURTHER.

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Two ideal vitamin-mineral combinations to support your high performance nutrition program. The A.M. supports daytime energy and the P.M. version promotes recovery.*

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NO UNNECESSARY ADDITIVES

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

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