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 250 mg 417% Vitamin C (as Ascorbic Acid 2.000 IU Vitamin D3 (as Cholecalciferol) Vitamin E (as d-Alpha Tocopheryl Acid Succinate) 20 IU Vitamin K (100 mcg as Vitamin K1 (Phytonadione and 100 mcg as Vitamin K2 (Menaguinone-4)) 200 mcg Riboflavin (as Riboflavin 5'-Phosphate Sodium) Vitamin B6 (as Pyridoxal 5'-Phosphate) 20 mg 1,000% Folate (as L-5-Methyltetrahydrofolate† from 600 mca 150% Vitamin B12 (as Methylcobalamin) 600 mcg 10,000% 500 mcg Pantothenic Acid (as Calcium Pantothenate) 450% Calcium (as TRAACS® Calcium Bisglycinate Chelate)++ lodine (as Potassium lodide) 75 mcg Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)†† Zinc (as TRAACS® Zinc Bisglycinate Chelate)† Selenium (as L-Selenomethionine) Copper (as TRAACS® Copper 750 mcg 38% Manganese (as TRAACS® Manganese Bisglycinate Chelate)++ Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)++ 200 mcg Curcumin Phytosome††† (Curcuma longa extract (root) / Phosphatidylcholine complex from Sunflower) 200 mg 50 mg d-Gamma Tocopherol (from Mixed Tocopherols) Boron (as Bororganic™ Boron Glycinate Chelate)+++++ 1 mg Lutein (from Aztec Marigold extract (flower) (Tagetes erecta)

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline

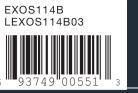
Contains an ingredient derived from soy (Green Tea Phytosome). Gamma tocopherol does not have a recognized IU

## SUPPLEMENT FACTS FOR P.M.

Serving Size: Three Capsules	servings Per Con	vings 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 TRAACS® Calcium Bisglycinate Chelate	e)†† 50 mg	5%	
lodine (as Potassium lodide)	75 mcg	50%	
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	107 mg	27%	
Zinc (as Zinc Bisglycinate Chelate)††	20 mg	133%	
Selenium (as L-Selenomethionine)	100 mcg	143%	
Copper (as TRAACS® Copper Bisglycinate Chelate)	†† 750 mcg	38%	
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg	75%	
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	167%	
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	50 mcg	67%	
Proprietary Blend††††  Magnolia officinalis (bark) extract  Phellodendron amurense (bark) extract	200 mg	**	
Choline Citrate	100 mg	**	
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**	
Boron (as Bororganic™ Boron Glycinate Chelate)††	††† 2 mg	**	
Lutein (from Aztec Marigold extract (flower) ( <i>Tagetes erecta</i> ))	600 mcg	**	

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline

†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 and 6,814,987. †††††This product uses Albion's Bororganic™ Boron Glycinate Complex.



CAN BETTER YOUR BEST. AT EXOS. OUR FIND NEW AND BETTER WAYS TO HELP OF HEALTH AND PERFORMANCE WITH THORNE RESEARCH. THINK OF IT AS OUR COMMITMENT TO RELEASING YOUR POWERED BY THORNE RESEARCH

PERFORMANCE NUTRITION

## MULTIFRONTAMIN ELITE

## FOUNDATION

DIETARY SUPPLEMENT

30 Single Serving Packets of A.M. 30 Single Serving Packets of P.M.

## FOUNDATION

BOOST RESTORE

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.\*



\*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.



manufactured for: THORNE RESEARCH, INC., P.O. BOX 25 DOVER, IDAHO 83825 1-800-228-1966