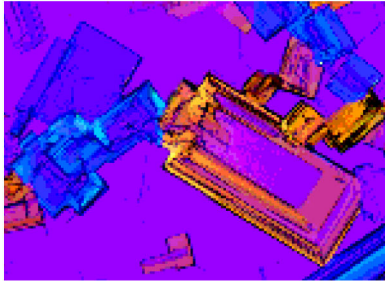


THORNE

R E S E A R C H



BASIC NUTRIENTS V

WITH COPPER WITHOUT IRON & IODINE

180 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Six Capsules
Servings Per Container: 30

Six Capsules Contain:	% DV	Six Capsules Contain:	% DV	Six Capsules Contain:	% DV
Vitamin A (12,500 IU from Beta Carotene and 2,500 IU as Palmitate)	15,000 IU 300%	Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg 250%	Copper (as Copper Picolinate)	1.5 mg 75%
Vitamin C (as Ascorbic Acid)	850 mg 1,417%	Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg 7,500%	Manganese (as Manganese Picolinate)	6 mg 300%
Vitamin D (as Vitamin D3)	1,000 IU 250%	Biotin	350 mcg 86%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg 167%
Vitamin E (as d-Alpha Tocopheryl)	400 IU 1,333%	Pantothenic Acid (as Calcium Pantothenate)	413 mg 4,130%	Molybdenum (as Molybdenum Picolinate)	100 mcg 133%
Vitamin K (as Vitamin K1)	100 mcg 125%	Calcium (120 mg as Calcium Citrate and 90 mg as Calcium Malate)	210 mg 21%	Potassium (30 mg as Potassium Citrate and 30 mg as Potassium Malate)	60 mg 2%
Thiamin (as Thiamin HCl)	40 mg 2,667%	Magnesium (90 mg as Magnesium Citrate and 60 mg as Magnesium Malate)	150 mg 38%	Choline Citrate	100 mg *
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg 647%	Zinc (as Zinc Picolinate)	15 mg 100%	Boron (as Boron Picolinate)	3 mg *
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg 800%	Selenium (as L-Selenomethionine)	200 mcg 286%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	144 mcg *
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg 500%			Vanadium (as Vanadium Picolinate)	100 mcg *

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

Suggested Use: Take 3-6 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 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 Albion's TRAACS® Chromium Nicotinate Glycinate Chelate. TRAACS is a registered trademark of Albion International, Inc.



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