

The **Harry & David Wellness** program is perfect for those in pursuit of a delightful lifestyle complete with fresh fruit, gourmet protein shakes, and premium supplements.



MULTI-VITAMIN

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

THORNE RESEARCH

Distributed By: Harry & David, Inc.
Manufactured For: Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825 USA
1-800-228-1966 www.thorne.com

Supplement Facts

Serving Size: Two Capsules

Servings Per Container: 30

Two Capsules Contain:	% DV
Vitamin A (3,000 IU from Mixed Carotenes and 2,000 IU as Palmitate)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	250 mg 417%
Vitamin D (as Vitamin D3)	2,000 IU 500%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU 67%
Vitamin K (200 mcg as Vitamin K1 and 200 mcg as Vitamin K2)	400 mcg 500%
Thiamin (as Thiamin HCl)	50 mg 3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg 706%

Peel back for additional supplement facts

PEEL HERE

Supplement Facts Cont.

Serving Size: Two Capsules

Servings Per Container: 30

Two Capsules Contain:	% DV	Two Capsules Contain:	% DV	Two Capsules Contain:	% DV
Niacin (as Niacinamide)	80 mg 400%	Iodine (as Potassium Iodide)	75 mcg 50%	Chromium (as Chromium Nicotinate Glycinate Chelate)	400 mcg 333%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg 1,000%	Magnesium (as Magnesium Bisglycinate Chelate)	20 mg 5%	Molybdenum (as Molybdenum (II) Glycinate Chelate)	100 mcg 133%
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg 100%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 100%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg *
Vitamin B12 (as Methylcobalamin)	600 mcg 10,000%	Selenium (as L-Selenomethionine)	200 mcg 288%	Boron (as Bororganic Glycine)	2 mg *
Biotin	500 mcg 167%	Copper (as Copper (II) Bisglycinate Chelate)	750 mcg 38%		
Pantothenic Acid (as Calcium Pantothenate)	45 mg 450%	Manganese (as Manganese (II) Bisglycinate Chelate)	3 mg 150%		
Calcium (as Calcium Bisglycinate Chelate)	30 mg 3%				

*Daily Value (DV) not established.

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

Gamma tocopherol does not have a recognized IU equivalent.

Suggested Use: Take 2 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 you are pregnant, nursing, taking a medication, or have a medical condition, consult your health-care practitioner before using this product. Consult your health-care practitioner if you have an adverse reaction. Keep out of reach of children.

†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.

TIE-DOWN AREA

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