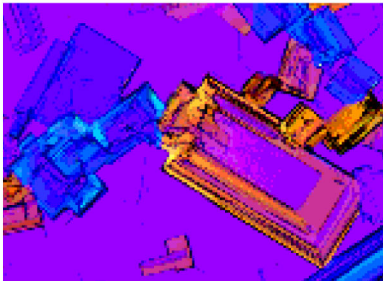


THORNE

R E S E A R C H



AL'S FORMULA®

Basic Nutrients for Men Over 40

240 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Eight Capsules

Servings Per Container: 30

Eight Capsules Contain:			Eight Capsules Contain:			Eight Capsules Contain:		
		% DV			% DV			% 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%	Potassium (45 mg as Potassium Citrate and 45 mg as Potassium Malate)	90 mg	3%
Vitamin C (as Ascorbic Acid)	850 mg	1,417%	Biotin	400 mcg	133%	Saw Palmetto extract (fruit) (<i>Serenoa repens</i>)††	160 mg	*
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 (150 mg as Calcium Citrate and 150 mg as Calcium Malate)	300 mg	30%	Glycine	100 mg	*
Vitamin K (as Vitamin K1)	100 mcg	125%	Magnesium (142.5 mg as Magnesium Citrate and 142.5 mg as Magnesium Malate)	285 mg	71%	L-Alanine	100 mg	*
Thiamin (as Thiamin HCl)	40 mg	2,667%	Zinc (as Zinc Picolinate)	30 mg	200%	L-Glutamic Acid	100 mg	*
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	647%	Selenium (as L-Selenomethionine)	200 mcg	286%	Hawthorn extract (flowering tops) (<i>Crataegus laevigata</i>)	50 mg	*
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	800%	Copper (as Copper Picolinate)	1.5 mg	75%	Boron (as Boron Picolinate)	3 mg	*
Vitamin B6 (as Pyridoxal 5'-Phosphate)	16.9 mg	845%	Manganese (as Manganese Picolinate)	6 mg	300%	Vanadium (as Vanadium Picolinate)	100 mcg	*
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg	250%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†	200 mcg	167%	Lutein	800 mcg	*
			Molybdenum (as Molybdenum Picolinate)	100 mcg	133%			

*Daily Value (DV) not established.

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. †† This product uses Indena S.p.A.'s saw palmetto extract (Sabalselect®). Sabalselect is a registered trademark of Indena S.p.A. Serenoa standardized to Fatty Acids 85%. Crataegus standardized to Vitexin-2"-O-rhamnoside 1.8%.



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



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LVMM21