

180 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Six Capsules Servings per Container: 30					
Six Capsules Contain:	% DV		Six Capsules Contain:	% DV	
Vitamin A (3,750 IU from Beta Carotene and			Iron (as Iron Picolinate)	4.5 mg	25%
750 IU as Palmitate)	4,500 IU	90%	Iodine (as Potassium Iodide)	67.5 mcg	45%
Vitamin C (as Ascorbic Acid)	250 mg	417%	Magnesium (22.5 mg as Magnesium Citrate		
Vitamin D (as Vitamin D3)	400 IU	100%	and 22.5 mg as Magnesium Malate)	45 mg	11%
Vitamin E (as d-Alpha Tocopheryl)	120 IU	400%	Zinc (as Zinc Picolinate)	4.5 mg	30%
Vitamin K (as Vitamin K1)	30 mcg	38%	Selenium (as L-Selenomethionine)	60 mcg	86%
Thiamin (as Thiamin HCI)	12 mg	800%	Copper (as Copper Picolinate)	450 mcg	23%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	3.3 mg	194%	Manganese (as Manganese Picolinate)	1.8 mg	90%
Niacin (40 mg as Niacinamide and 9 mg as Niacin)	49 mg	245%	Chromium (as TRAACS® Chromium Nicotinate		
Vitamin B6 (as Pyridoxal 5'-Phosphate)	3 mg	150%	Glycinate Chelate)†	60 mcg	50%
Folate (200 mcg as Calcium Folinate and 200 mcg			Molybdenum (as Molybdenum Picolinate)	30 mcg	40%
as L-5-Methyltetrahydrofolate from	400	10007	Choline Citrate	30 mg	*
L-5-Methyltetrahydrofolic Acid, Glucosamine Salt) Vitamin B12 (67.5 mcg as Adenosylcobalamin and	400 mcg	100%	Boron (as Boron Picolinate)	900 mcg	*
67.5 mcg as Methylcobalamin)	135 mcg	2 2500	Lutein (from Aztec Marigold extract (flower)		
	120 mcg	40%	(Tagetes erectal)	36 mcg	*
Pantothenic Acid (as Calcium Pantothenate)	124 mg		Vanadium (as Vanadium Picolinate)	30 mcg	
Calcium (34.5 mg as Calcium Citrate	129 IIIg	1,24070	40 H M		_
and 34.5 mg as Calcium Malate)	69 mg	7%	*Daily Value (DV) not established.		

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

Manufactured For: Thorne Research, Inc. P.O. Box 25, Dover, Idaho 83825 USA 1-800-228-1966 www.thorne.com VMC LVMC18



Suggested Use For Children, Four and Older: Take 2-6 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.

†This product uses Albion's TRAACS® Chromium Nicotinate Glycinate chelate. TRAACS is a registered trademark of Albion Laboratories International. Inc.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.