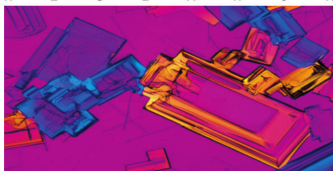


THORNE

R E S E A R C H



BASIC NUTRIENTS 2/DAY

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Two Capsules

Servings Per Container: 30

Two Capsules Contain:	% DV	Two Capsules Contain:	% DV
Vitamin A (3,000 IU from Beta Carotenes and 2,000 IU as Palmitate)	5,000 IU 100%	Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg 706%
Vitamin C (as Ascorbic Acid)	250 mg 417%	Niacin (as Niacinamide)	80 mg 400%
Vitamin D (as Vitamin D3)	2,000 IU 500%	Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg 1,000%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU 67%	Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg 100%
Vitamin K (200 mcg as Vitamin K1 and 200 mcg as Vitamin K2)	400 mcg 500%	Vitamin B12 (as Methylcobalamin)	600 mcg 10,000%
Thiamin (as Thiamin HCl)	50 mg 3,333%	Biotin	500 mcg 167%

Peel back for additional supplement facts



Certified for Sport®

Manufactured For: Thorne Research, Inc.

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1-800-228-1966 www.thorne.com

PEEL
HERE

VM2
LVM203



Gamma tocopherol does not have a recognized IU equivalent.
Suggested Use: Take 2 capsules daily or as recommended by your health-care practitioner.
Tampor 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® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Magnesium Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc Bisglycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. †††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.

Supplement Facts Cont.

Serving Size: Two Capsules

Servings Per Container: 30

Two Capsules Contain:	% DV	Two Capsules Contain:	% DV
Pantothenic Acid (as Calcium Pantothenate)	45 mg 450%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	400 mcg 333%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)††	30 mg 3%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	100 mcg 133%
Iodine (as Potassium Iodide)	75 mcg 50%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg *
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	20 mg 5%	Boron (as Bororganic™ Boron Glycinate Complex)†††	2 mg *
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	15 mg 100%	Lutein (from Aztec Marigold extract (flower) (Targets erecta))	300 mcg *
Selenium (as L-Selenomethionine)	200 mcg 286%		
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg 38%		
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	3 mg 150%		

*Daily Value (DV) not established.

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