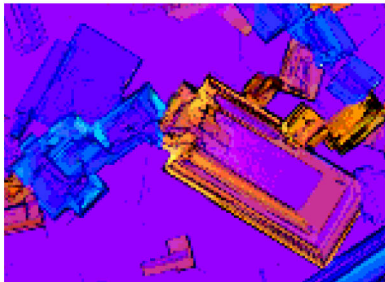


THORNE

R E S E A R C H



CITRATE FORMULA BASIC NUTRIENTS III WITHOUT COPPER AND IRON

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 (12,500 IU from Beta Carotene and 2,500 IU as Palmitate)	15,000 IU 300%	Iodine (as Potassium Iodide)	225 mcg 150%
Vitamin C (as Ascorbic Acid)	850 mg 1,417%	Magnesium (as Magnesium Citrate)	180 mg 45%
Vitamin D (as Vitamin D3)	1,000 IU 250%	Zinc (as Zinc Picolinate)	15 mg 100%
Vitamin E (as d-Alpha Tocopheryl)	400 IU 1,333%	Selenium (as L-Selenomethionine)	200 mcg 286%
Thiamin (as Thiamin HCl)	40 mg 2,667%	Manganese (as Manganese Picolinate)	6 mg 300%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg 647%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†	200 mcg 167%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg 800%	Molybdenum (as Molybdenum Picolinate)	100 mcg 133%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg 500%	Potassium (as Potassium Citrate)	60 mg 2%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg 250%	Choline Citrate	100 mg *
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg 7,500%	Boron (as Boron Picolinate)	3 mg *
Biotin	400 mcg 133%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	144 mcg *
Pantothenic Acid (as Calcium Pantothenate)	413 mg 4,130%	Vanadium (as Vanadium Picolinate)	100 mcg *
Calcium (as Calcium Citrate)	240 mg 24%	*Daily Value (DV) not established.	

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 Albion's TRAACS® Chromium Nicotinate Glycinate Chelate. TRAACS is a registered trademark of Albion International, Inc.



Manufactured For: Thorne Research, Inc.

P.O. Box 25, Dover, Idaho 83825 USA

1-800-228-1966

www.thorne.com



VM6
LVM620