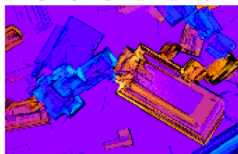


THORNE

R E S E A R C H



CITRATE FORMULA BASIC NUTRIENTS IV WITH 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 (90 mg as Magnesium Citrate and 60 mg as Magnesium Malate)	150 mg	38%
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%	Copper (as Copper Picolinate)	1.5 mg	75%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	647%	Manganese (as Manganese Picolinate)	6 mg	300%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	800%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†	200 mcg	167%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%	Molybdenum (as Molybdenum Picolinate)	100 mcg	133%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolate Acid, Glucosamine Salt)	1 mg	250%	Potassium (30 mg as Potassium Citrate and 30 mg as Potassium Malate)	60 mg	2%
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg	7,500%	Choline Citrate	100 mg	*
Biotin	400 mcg	133%	Boron (as Boron Picolinate)	3 mg	*
Pantothenic Acid (as Calcium Pantothenate)	413 mg	4,130%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	144 mcg	*
Calcium (120 mg as Calcium Citrate and 90 mg as Calcium Malate)	210 mg	21%	Vanadium (as Vanadium Picolinate)	100 mcg	*
Iron (as Iron Picolinate)	15 mg	83%	*Daily Value (DV) not established.		

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



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

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 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.

Certification of Conformity of the child-proof closure with the Poison Prevention Packaging Act is available at www.thorne.com/iron_certification.html



VM7
LVM721