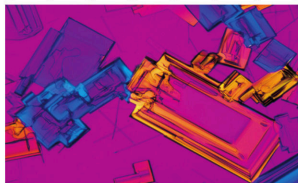


THORNE

R E S E A R C H



BASIC PRENATAL

90 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Three Capsules

Servings per Container: 30

Three Capsules Contain:	% DV	Three Capsules Contain:	% DV
Vitamin A (3,000 IU from Beta Carotene and 2,000 IU as Palmitate)	5,000 IU 100%	Iron (as Ferrochel® Ferrous Bisglycinate Chelate)††	45 mg 250%
Vitamin C (as Ascorbic Acid)	150 mg 250%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as Vitamin D3)	1,000 IU 250%	Magnesium (45 mg as Magnesium Citrate and 45 mg as Magnesium Malate)	90 mg 23%
Vitamin E (as d-Alpha Tocopheryl)	50 IU 167%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)†††	25 mg 167%
Vitamin K (as Vitamin K1)	100 mcg *	Selenium (as L-Selenomethionine)	50 mcg *
Thiamin (as Thiamin HCl)	5 mg 333%	Copper (as TRAACS® Copper Bisglycinate Chelate)†††	2 mg 100%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	5 mg 294%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)†††	5 mg *
Niacin (as Niacinamide)	30 mg 150%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†††	100 mcg *
Vitamin B6 (as Pyridoxal 5'-Phosphate)	12 mg 600%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)†††	50 mcg *
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg 250%	Boron (as Bororganic™ Boron Glycinate Complex)††††	1 mg **
Vitamin B12 (as Methylcobalamin)	200 mcg 3,334%		
Biotin	50 mcg 17%		
Pantothenic Acid (as Calcium Pantothenate)	18 mg 180%		
Calcium (90 mg as Calcium Citrate and 90 mg as Calcium Malate)	180 mg 18%		

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



VMP
LVMP17

Suggested Use: Take 3 capsules daily or as recommended by your health-care practitioner.
Tamper Evident: Use only if bottle is sealed.

If pregnant, consult your health-care practitioner before using this product.

Store tightly sealed in a cool, dry place.

†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 Ferrochel® Ferrous Bisglycinate chelate. Ferrochel is a registered trademark of Albion International, Inc.
†††This product uses Albion's TRAACS® Zinc Bisglycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, and Molybdenum Glycinate 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.

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