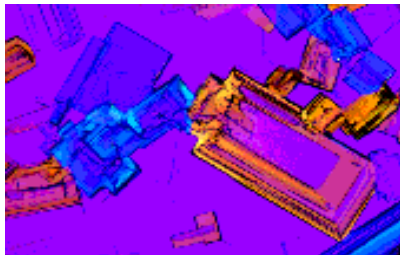


THORNE

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: One Capsule

One Capsule Contains:		One Capsule Contains:	
Retinol (2,085 IU from Beta Carotene and 415 IU as Vitamin A Palmitate) 2,500 IU	750 mcg	Iron (as Iron Picolinate)	2.5 mg
Vitamin C (as Ascorbic Acid)	140 mg	Iodine (as Potassium Iodide)	37.5 mcg
Vitamin D (as Vitamin D3) 165 IU	4.1 mcg	Magnesium (15 mg as Magnesium Citrate and 10 mg as Magnesium Malate)	25 mg
Vitamin E (as d-Alpha Tocopheryl) 65 IU	53 mg	Zinc (as Zinc Picolinate)	2.5 mg
Thiamin (as Thiamin HCl)	6.5 mg	Selenium (as L-Selenomethionine)	33 mcg
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	1.8 mg	Copper (as Copper Picolinate)	250 mcg
Niacin (21.5 mg as Niacinamide and 4.5 mg as Niacin)	26 mg	Manganese (as Manganese Picolinate)	1 mg
Vitamin B6 (as Pyridoxal 5'-Phosphate)	1.6 mg	Chromium (as Chromium Nicotinate Glycinate Chelate)	33 mcg
Folate (83 mcg as Calcium Folate and 83 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	166 mcg	Molybdenum (as Molybdenum Picolinate)	16 mcg
Vitamin B12 (25 mcg as Adenosylcobalamin and 25 mcg as Methylcobalamin)	50 mcg	Potassium (5 mg as Potassium Citrate and 5 mg as Potassium Malate)	10 mg
Biotin	65 mcg	Choline Citrate	16.5 mg
Pantothenic Acid (as Calcium Pantothenate)	68 mg	Boron (as Boron Picolinate)	500 mcg
Calcium (20 mg as Calcium Citrate and 15 mg as Calcium Malate)	35 mg	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	24 mcg
		Vanadium (as Vanadium Picolinate)	16.5 mcg

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

Suggested Use: Take 1 capsule 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.

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

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.



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LNZVM705