

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this if taking either of these drugs. If you have a medical condition or are taking any prescription drug, consult your physician or health-care professional before taking this product. If any adverse side effects or unusual reactions occur, a pregnant, nursing, or pregnant woman should discontinue use of this product. **KEEP OUT OF REACH OF CHILDREN.** Do not use if seal is broken. Store in a cool, dry place. **NOTICE:** Do not use this product as a food supplement. Do not use for weight reduction.

SUPPLEMENT FACTS FOR AM

Serving Size: Three Capsules	Servings Per Container: 30	
Three Capsules Contain:		% DV
Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D3 (as Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg	250%
Thiamin (as Thiamin HCl)	50 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%
Niacin (as Nicotinamide)	60 mg	300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolate Acid, Glucosamine Salt)	600 mcg	150%
Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Biotin	500 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)††	38 mg	4%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	63 mg	16%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	10 mg	67%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as TRAACS® Copper Bisglycinate Chelate)†††	750 mcg	38%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg	75%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	50 mcg	67%
Curcumin Phytosome†††† (Curcuma longa extract (root) / Phosphatidylcholine complex from Sunflower)	200 mg	**
Green Tea Phytosome†††† (Camellia sinensis extract decaffeinated / Phosphatidylcholine complex from Sunflower)	75 mg	**
Choline Citrate	50 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Borogenic™ Boron Glycinate Chelate)†††††	1 mg	**
Lutein (from Astaxanthin extract (flower) / Tagetes erecta)	300 mcg	**

**Daily Value (DV) not established.

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

Gamma tocopherol does not have a recognized IU.

Recommended Use: Take 3 (AM) capsules in the morning and 3 (PM) capsules in the evening with a meal or as recommended by your fitness professional.

TO REORDER: shop.lifetimefitness.com

SUPPLEMENT FACTS FOR PM

Serving Size: Three Capsules	Servings Per Container: 30	
Three Capsules Contain:		% DV
Vitamin A (600 IU as Beta Carotene and 400 IU as Palmitate)	1,000 IU	20%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	500 IU	125%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg	250%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolate Acid, Glucosamine Salt)	400 mcg	100%
Biotin	500 mcg	167%
Calcium (as TRAACS® Calcium Bisglycinate Chelate)††	50 mg	5%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	107 mg	27%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	20 mg	133%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg	38%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	1.5 mg	75%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	167%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	50 mcg	67%
Proprietary Blend†††††	200 mg	**
Magnolia officinalis (bark) extract		**
Phellodendron amurense (bark) extract		**
Choline Citrate	100 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Borogenic™ Boron Glycinate Complex)†††††	2 mg	**
Lutein (from Astaxanthin extract (flower) / Tagetes erecta)	600 mcg	**

**Daily Value (DV) not established.

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

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolate 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 curcumin phytosome (Meriva®) and green tea phytosome (Greenselect®). Meriva and Greenselect are registered trademarks of Indena S.p.A. ††††This product uses Retora® is a proprietary blend of a patented extract from Magnolia officinalis bark and a proprietary extract from Phellodendron amurense bark. Retora is a registered trademark of InterHealth N.I. Its use in this product is protected by U.S. Patent Nos. 6,582,735 and 6,814,987. †††††This product uses Albion's Borogenic™ Boron Glycinate Complex. Borogenic is a trademark of Albion International, Inc.

This box contains one (1) bottle each of AM formula and PM formula, a 30-day supply.

AM formula
90 capsules

PM formula
90 capsules

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PERFORMANCE

LIFETIME

AM/PM PERFORMANCE MULTIVITAMIN

Tailored to meet the complex recovery needs of active, fitness-minded individuals day & night*

➤ **Superior Bioavailability** - Active B vitamins like methylcobalamin (rather than cyanocobalamin) and 5-methyltetrahydrofolate (also known as 5MTHF or L-methyl folate) which have excellent bioactivity profiles, rather than folic acid.*

➤ **Includes Albion® mineral bisglycinates, mineral chelates** that demonstrate superior absorption properties compared to other chelates or mineral salts.*

➤ **Greenselect® and Meriva®**, unique forms of green tea and curcumin, which support energy and a normal inflammatory response.*

➤ **Retora®**, a patented blend of phellodendron and magnolia extracts is included to support relaxation, rest, and recovery from exercise and everyday stress.*

30-Day supply
180 vegetarian capsules
dietary supplement

Maximize Your Performance

Formulated by the healthy way of life experts at Life Time Fitness, AM/PM Performance Multivitamin delivers a premium blend of performance-enhancing nutrients.* AM/PM Performance Multivitamin was developed with powerful antioxidants and nutrients to help support your body in exercise recovery and balance your metabolism.* Take AM in the morning and PM in the evening to help power through your workout and strengthen your immune system, as well as promote recovery and restful sleep.*

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THORNE
RESEARCH
Pure Ingredients. Trusted Results.



Manufactured For: Thorne Research, Inc.
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