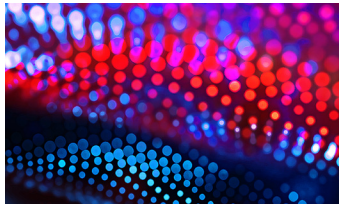


THORNE

R E S E A R C H



MULTI-VITAMIN ELITE A.M.

90 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Three Capsules

Servings Per Container: 30

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

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

Gamma tocopherol does not have a recognized IU equivalent.

If pregnant or nursing, do not use this product; otherwise consult your health-care practitioner before using this product.

Tamper Evident: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

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

www.thorne.com

VM114AM
LVM114AM02