

VANILLA

DIETARY SUPPLEMENT

Serving Size: One Packet equals one half serving (25.5 g)

One Half Serving (25.5 g) Contains:	% DV	One Half Serving (25.5 g) Contains:	% DV
Calories	95	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)††	25 mcg 34%
Calories from Fat	25	Sodium (as Sodium Chloride and Sodium Citrate)	100 mg 4%
Total Fat	2.5 g 4%*	Potassium (as Potassium Citrate)	50 mg 2%
Saturated Fat	1 g 5%*	Proprietary Blend†††	12.77 g
Trans Fat	0 g **	Pea Protein Isolate	**
Cholesterol	0 mg 0%*	Rice Protein	**
Total Carbohydrate	5 g 2%*	Glycine††††	825 mg **
Sugars	3 g **	Medium Chain Triglycerides (MCTs)	750 mg **
Dietary Fiber	500 mg 2%*	L-Glutamine††††	250 mg **
Protein	10 g 20%*	L-Lysine (as L-Lysine Monohydrochloride)††††	250 mg **
Vitamin A (1,500 IU from Beta Carotene and 1,000 IU as Palmitate)	2,500 IU 50%	Curcumin Phytosome††††† (<i>Curcuma longa</i> extract (root) / Phosphatidylcholine complex from Sunflower)	200 mg **
Vitamin C (as Ascorbic Acid)	150 mg 250%	Milk Thistle extract (fruit) (<i>Silybum marianum</i>)	125 mg **
Vitamin D (as Vitamin D3)	200 IU 50%	Taurine††††	55 mg **
Vitamin E (35 IU from Mixed Tocopherols and 25 IU from d-Alpha Tocopherol)	60 IU 200%	Methyl Sulfonyl Methane (MSM)	50 mg **
Thiamin (as Thiamin HCl)	6 mg 400%	Grape Seed Phytosome††††† (<i>Vitis vinifera</i> extract / Phosphatidylcholine complex)	25 mg **
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	2.5 mg 147%	Green Tea Phytosome††††† (<i>Camellia sinensis</i> extract (leaf) / Phosphatidylcholine complex from Sunflower)	25 mg **
Niacin (15 mg as Niacinamide and 4 mg as Niacin)	19 mg 95%	Betaine Anhydrous (Trimethylglycine)	25 mg **
Vitamin B6 (as Pyridoxal 5'-Phosphate)	5 mg 250%	N-Acetyl-L-Cysteine††††	25 mg **
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	150 mcg 38%	Choline Citrate	15 mg **
Vitamin B12 (as Methylcobalamin)	25 mcg 417%	Sulfuraphane Glucosinolate (from Broccoli extract (seed) (<i>Brassica oleracea italica</i>))†††††	15 mg **
Biotin	75 mcg 25%	Glutathione (Reduced)††††	12.5 mg **
Pantothenic Acid (as Calcium Pantothenate)	25 mg 250%	Boron (as Bororganic™ Boron Glycinate Complex)†††††††	50 mcg **
Calcium (as Calcium Citrate)	150 mg 15%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	30 mcg **
Magnesium (as Magnesium Citrate)	75 mg 19%	Vanadium (as Vanadium Citrate)	25 mcg **
Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	5 mg 34%		
Selenium (as L-Selenomethionine)	35 mcg 50%		
Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	750 mcg 38%		
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	50 mcg 42%		

* Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Flavors, Evaporated Cane Juice Sugar, Rice Bran, Stevia extract (leaf) (Rebaudioside A 97%)

Contains ingredients derived from soy (Grape Seed Phytosome).

Suggested Use: For adults and children 12 or more years of age. Mix one packet (one half serving) with 4-6 ounces of cold water, vegetable or fruit juice, rice milk, or nut milk as recommended by your health-care practitioner. This product is not a medical food. It is intended to be utilized in conjunction with a complete dietary program. Do not use in diets supplying less than 600 calories per day without complete medical supervision.

+This product uses Ciprofloxacin HCl, 5-Methyltetrahydrofuranol Acid, Glucosamine Salt (Ciprofloxacin®). Ciprofloxacin is a registered trademark of Ciprocin S.A.

††This product uses Albion's TRAACS® Chromium Nicotinate Glycinate Chelate, Manganese Bisglycinate Chelate, Molybdenum Glycinate Chelate, and Zinc

Biglycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. †††Vega Lite, Thorne's trade name for proprietary pea / rice protein blend.

+++Added Amino Acids. ++++This product uses Indena S.p.A.'s green tea phytosome (Greenselect®), grape seed phytosome (Leucoselect®), and

curcumin phytosome (Meriva®). Greenselect, Leucoselect, and Meriva are registered trademarks of Indena S.p.A. +++++The
 extraction of glucosinolates from cruciferous seeds is protected by U.S. Patent No. 5,735,806. The use of this product is protected

extraction of glucosinolates from cruciferous seeds is protected by U.S. Patent No. 5,725,895. The use of this product is protected by U.S. Patent Nos. 5,968,505 and 5,968,567. is a trademark of Brassica Protection Products LLC. *****This product

uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.

Silybum standardized to Silymarin 65%. This packet equals one-half of the usual serving.

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

www.thorne.com

SP6489

LSP648S02

