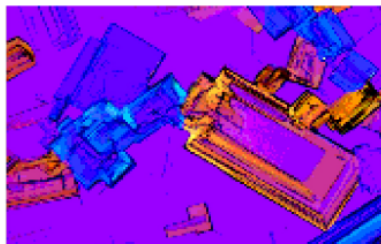


# THORNE

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: Six Capsules

Servings Per Container: 30

#### Six Capsules Contain:

		% DV
Vitamin A (12,500 IU from Mixed Carotenes and 2,500 IU as Palmitate)	15,000 IU	300%
Vitamin C (as Ascorbic Acid)	850 mg	1,417%
Vitamin D (as Vitamin D3)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopheryl)	400 IU	1,333%
Thiamin (as Thiamin HCl)	40 mg	2,667%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	647%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	800%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg	250%
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg	7,500%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	413 mg	4,130%

#### Six Capsules Contain:

		% DV
Calcium (as Calcium Citrate)	300 mg	30%
Iron (as Iron Picolinate)	15 mg	83%
Iodine (as Potassium Iodide)	225 mcg	150%
Magnesium (as Magnesium Citrate)	285 mg	71%
Zinc (as Zinc Picolinate)	15 mg	100%
Selenium (as Selenomethionine)	200 mcg	286%
Copper (as Copper Picolinate)	1.5 mg	75%
Manganese (as Manganese Picolinate)	6 mg	300%
Chromium (as Chromium Chelidamate Arginate)†	200 mcg	167%
Molybdenum (as Molybdenum Picolinate)	100 mcg	133%
Potassium (as Potassium Citrate)	90 mg	3%
Choline Citrate	100 mg	*
Boron (as Boron Picolinate)	3 mg	*
Vanadium (as Vanadium Picolinate)	100 mcg	*

\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.



HYPOALLERGENIC

Manufactured By: Thorne Research, Inc.

P.O. Box 25, Dover, Idaho 83825 USA

1-800-228-1966 [www.thorne.com](http://www.thorne.com)



VM7

LVM717

Suggested Use: Take 3-6 capsules 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.

†Thorne's trade name for Chromium (4 oxopyridine,2,6-dicarboxylate, arginate) is UltraChrome®. Its use in this product is protected by U.S. Patent No. 5,665,385.

**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](http://www.thorne.com/iron_certification.html)