



Men's Health



Foundational

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.



GLUTEN FREE

THORNE.COM

THORNE®

Men's Multi 50+

Multi without Copper and Iron

DIETARY SUPPLEMENT

180
CAPSULES

SUPPLEMENT FACTS

Serving Size: Six Capsules
Servings Per Container: 30

Six Capsules Contain:	%DV	Six Capsules Contain:	%DV
Vitamin A (1,875 mcg from Beta Carotene and 750 mcg as Palmitate)	2.63 mg 292%	Pantothenic Acid (as Calcium Pantothenate)	413 mg 8,260%
Vitamin C (as Ascorbic Acid)	850 mg 944%	Choline (as Choline Citrate)	35 mg 6%
Vitamin D (as Vitamin D3) (1,000 IU)	25 mcg 125%	Calcium (as Calcium Malate)	240 mg 18%
Vitamin E (as d-Alpha Tocopheryl)	268 mg 1,787%	Iodine (as Potassium Iodide)	225 mcg 150%
Thiamine (as Thiamin HCl)	40 mg 3,333%	Magnesium (as Magnesium Malate)	180 mg 43%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg 846%	Zinc (as TRAACS Zinc Bisglycinate)††	15 mg 136%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg 1,000%	Selenium (as L-Selenomethionine)	200 mcg 364%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg 588%	Manganese (as TRAACS Manganese Bisglycinate)††	6 mg 261%
Folate (1 mg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1.7 mg DFE 425%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg 571%
Vitamin B12 (as Methylcobalamin)	450 mcg 18,750%	Boron (as Bororganic™ Boron Glycinate Complex)†††	3 mg *
Biotin	400 mcg 1,333%	Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))	144 mcg *
		*Daily Value (DV) not established.	

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Laurate.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ††This product uses Albion's TRAACS® Zinc Bisglycinate Chelate, Manganese Bisglycinate Chelate and Chromium Nicotinate Glycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. †††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.

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