

**SUPPLEMENT FACTS FOR A.M.**Serving Size: Three Capsules  
Servings Per Container: 30

Three Capsules Contain:		%DV
Vitamin A (450 mcg from Beta Carotene and 600 mcg as Palmitate)	1.05 mg	117%
Vitamin C (as Ascorbic Acid)	250 mg	278%
Vitamin D (as Vitamin D3) (2,000 IU)	50 mcg	250%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	13.5 mg	90%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2 as MK-4)	200 mcg	167%
Thiamin (as Thiamin HCl)	50 mg	4,167%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	923%
Niacin (as Nicotinamide)	60 mg	375%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,176%
Folate (600 mcg as L-5-Methyltetrahydrofolate* from L-5-Methyltetrahydrofolate, Glucosamine Salt)	1 mg DFE	250%
Vitamin B12 (as Methylcobalamin)	600 mcg	25,000%
Biotin	500 mcg	1,667%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	900%
Choline (as Choline Citrate)	18 mg	3%
Calcium (as TRACS® Calcium Bisglycinate Chelate, Dicalcium Phosphate, Calcium Lactate, Calcium Pantothenate)††	75 mg	6%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as TRACS® Magnesium Bisglycinate Chelate)††	63 mg	15%
Zinc (as TRACS® Zinc Bisglycinate Chelate)††	10 mg	91%
Selenium (as L-Selenomethionine)	100 mcg	182%
Copper (as TRACS® Copper Bisglycinate Chelate)††	750 mcg	83%
Manganese (as TRACS® Manganese Bisglycinate Chelate)††	1.5 mg	65%
Chromium (as TRACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	571%
Curcumin Phytosome††† (Curcuma longa extract (root) / Phospholipid complex from Sunflower)	200 mg	**
Green Tea Phytosome††† (Camellia sinensis extract (leaf) decaffeinated / Phospholipid complex from Sunflower)	75 mg	**
δ-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Boron Glycinate Complex)††††	1 mg	**
Lutein (from Aetec Marigold extract (flower) (Tagetes erecta))	300 mcg	**

\*\*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Dicalcium Phosphate.

Gamma tocopherol does not have a recognized IU equivalent.

† This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolate, Glucosamine Salt (Quabrelo®), Quabrelo is a registered trademark of Gnosis S.p.A. †† This product uses Abion's TRACS® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, and Zinc Bisglycinate Chelate. TRACS is a registered trademark of Abion International, Inc. ††† This product uses curcumin phytosome (Meriso®) and green tea phytosome (Greenselect®). Meriso and Greenselect are registered trademarks of Ideno S.p.A. †††† This product uses Abion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Abion International, Inc. ††††† This product uses Abion's DimaCal® Dicalcium Malate. DimaCal is a registered trademark of Abion International, Inc. †††††† This product uses Abion's D-Magnesium Malate. Abion is a registered trademark of Abion International, Inc.

‡ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**SUPPLEMENT FACTS FOR P.M.**Serving Size: Three Capsules  
Servings Per Container: 30

Three Capsules Contain:		%DV
Vitamin A (90 mcg from Beta Carotene and 120 mcg as Palmitate)	210 mcg	23%
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin D (as Vitamin D3) (500 IU)	12.5 mcg	63%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	13.5 mg	90%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2 as MK-4)	200 mcg	167%
Folate (400 mcg as L-5-Methyltetrahydrofolate* from L-5-Methyltetrahydrofolate, Glucosamine Salt)	667 mcg DFE	167%
Biotin	500 mcg	1,667%
Choline (as Choline Citrate)	36 mg	7%
Calcium (as DimaCal® Dicalcium Malate, Calcium Lactate, Dicalcium Phosphate)†††††	85 mg	7%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Abion® D-Magnesium Malate)††††††	107 mg	25%
Zinc (as TRACS® Zinc Bisglycinate Chelate)††	20 mg	182%
Selenium (as L-Selenomethionine)	100 mcg	182%
Copper (as TRACS® Copper Bisglycinate Chelate)††	750 mcg	83%
Manganese (as TRACS® Manganese Bisglycinate Chelate)††	1.5 mg	65%
Chromium (as TRACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg	571%
Proprietary Blend	200 mg	**
Magnolia extract (bark) (Magnolia officinalis)	**	**
Phellodendron extract (bark) (Phellodendron aurense)	**	**
δ-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Boron Glycinate Complex)††††	2 mg	**
Lutein (from Aetec Marigold extract (flower) (Tagetes erecta))	300 mcg	**

\*\*Daily Value (DV) not established.

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



Foundational



Sports Performance†

**SUGGESTED USE:** Take 3 capsules of the A.M. formula in the morning and 3 capsules of the P.M. formula in the evening daily with a meal or as recommended by your health-care practitioner.

**TAMPER EVIDENT:** Use only if bottles are sealed. Store bottles tightly sealed in a cool, dry place.

**WARNING:** If pregnant, nursing or trying to conceive, do not use this product.



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CERTIFIED SPORT



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THORNE®

Multi-Vitamin Elite

DIETARY SUPPLEMENT

2 BOTTLES  
90 CAPSULES EACHVM114  
CTNVMM11409manufactured in the USA using US & imported ingredients by:  
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