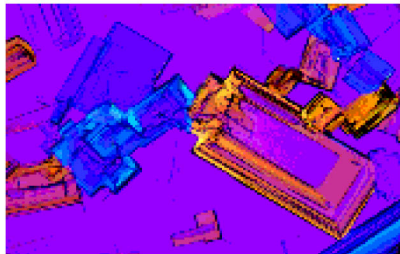


THORNE

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: One Capsule

One Capsule Contains:

Retinol (2,085 IU from Beta Carotene and 415 IU as Vitamin A Palmitate) 2,500 IU	750 mcg
Vitamin C (as Ascorbic Acid)	140 mg
Vitamin D (as Vitamin D3) 165 IU	4.1 mcg
Vitamin E (as d-Alpha Tocopheryl) 65 IU	53 mg
Thiamin (as Thiamin HCl)	6.5 mg
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	1.8 mg
Niacin (21.5 mg as Niacinamide and 4.5 mg as Niacin)	26 mg
Vitamin B6 (as Pyridoxal 5'-Phosphate)	1.6 mg
Folate (83 mcg as Calcium Folate and 83 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	166 mcg
Vitamin B12 (25 mcg as Adenosylcobalamin and 25 mcg as Methylcobalamin)	50 mcg
Biotin	65 mcg
Pantothenic Acid (as Calcium Pantothenate)	68 mg
Calcium (20 mg as Calcium Citrate and 15 mg as Calcium Malate)	35 mg

One Capsule Contains:

Iron (as Iron Picolinate)	2.5 mg
Iodine (as Potassium Iodide)	37.5 mcg
Magnesium (15 mg as Magnesium Citrate and 10 mg as Magnesium Malate)	25 mg
Zinc (as Zinc Picolinate)	2.5 mg
Selenium (as L-Selenomethionine)	33 mcg
Copper (as Copper Picolinate)	250 mcg
Manganese (as Manganese Picolinate)	1 mg
Chromium (as Chromium Nicotinate Glycinate Chelate)	33 mcg
Molybdenum (as Molybdenum Picolinate)	16 mcg
Potassium (5 mg as Potassium Citrate and 5 mg as Potassium Malate)	10 mg
Choline Citrate	16.5 mg
Boron (as Boron Picolinate)	500 mcg
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	144 mcg
Vanadium (as Vanadium Picolinate)	16.5 mcg

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

Suggested Use: Take 1 capsule 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.



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Manufactured For: Thorne Research, Inc.
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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.



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