

# Basic Nutrients 2/Day

Provides a comprehensive multi-vitamin/mineral complex in a two-capsule-per-day delivery system.



Folate  
Vitamin B12  
Vitamin C

Vitamin B6  
Vitamin D3  
Calcium

+ Many more



## What it is

Keep your nutrition up – and your capsule count down – with Basic Nutrients 2/Day, a complete multi-vitamin and mineral formula in just two capsules per day.

Basic Nutrients 2/Day is a complete multi-vitamin/mineral formula that contains key nutrients for foundational support. At just 2 capsules per day, it helps fill nutritional gaps of a healthy diet.

## Why take a multi

Due to the state of the current food supply and because very few Americans eat the recommended five daily servings of health-giving fruits and vegetables, nutrition experts agree that a multi-vitamin/mineral supplement should be taken daily. Even the *Journal of the American Medical Association* – not usually known as a supporter of nutritional supplements – agrees that everyone should be taking a multi-vitamin/mineral supplement (*JAMA* 2002;287:3127-3129).

## What makes ours different

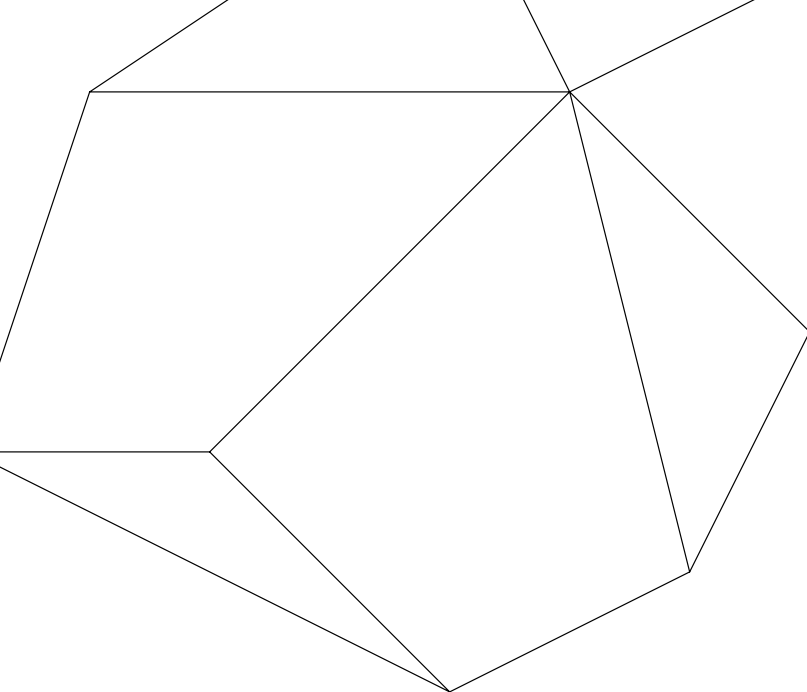
The keystone of every nutritional product line is a multi-vitamin/mineral supplement. At Thorne, we believe this is the starting point for every individual's supplementation needs and that a multi-vitamin/mineral product should contain all of the essential nutrients. We also believe that by using the purest, most absorbable raw materials – without adding any unnecessary additives and preservatives – every individual's outcome will be optimized.

## Key nutritional features

- / 2,000 IU of vitamin D3 per serving
- / Amino acid-chelated minerals
- / Mixed tocopherols
- / 400 mcg of vitamin K (as K1 and K2) per serving
- / Active form of folic acid – L-5-methyltetrahydrofolate
- / Active, readily usable forms of vitamins B2, B6, & B12



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Basic Nutrients 2/Day

SUPPLEMENT FACTS			V10 / V06	
Serving Size: Two Capsules				
Servings Per Container: 30				
Two Capsules Contain:	%DV	Two Capsules Contain:	%DV	
Vitamin A (450 mcg from Beta Carotene and 600 mcg as Palmitate)	1.05 mg 117%	Calcium (as TRAACS® Calcium Bisglycinate Chelate)††, Dicalcium Phosphate, Calcium Laurate, Calcium Pantothenate)	52 mg	4%
Vitamin C (as Ascorbic Acid)	250 mg 278%	Iodine (as Potassium Iodide)	75 mcg	50%
Vitamin D (as Vitamin D3) (2,000 IU)	50 mcg 250%	Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)††	20 mg	5%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	16.5 mg 110%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	15 mg	136%
Vitamin K (200 mcg as Vitamin K1 and 200 mcg as Vitamin K2 as MK-4)	400 mcg 333%	Selenium (as L-Selenomethionine)	200 mcg	364%
Thiamin (as Thiamin HCl)	50 mg 4,167%	Copper (as TRAACS® Copper Bisglycinate Chelate)††	750 mcg	83%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg 923%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)††	3 mg	130%
Niacin (as Niacinamide)	80 mg 500%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	400 mcg	1,143%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg 1,176%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	*
Folate (400 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	667 mcg DFE 167%	Boron (as Bororganic™ Boron Glycinate Complex)†††	2 mg	*
Vitamin B12 (as Methylcobalamin)	600 mcg 25,000%	Lutein (from Aztec Marigold extract (flower) ( <i>Tagetes erecta</i> ))	140 mcg	*
Biotin	500 mcg 1,667%			
Pantothenic Acid (as Calcium Pantothenate)	45 mg 900%			
		*Daily Value (DV) not established.		

### Other Ingredients

Hydroxypropylmethylcellulose (derived from cellulose) capsule, Dicalcium Phosphate, Calcium Laurate.

Gamma tocopherol does not have a recognized IU equivalent.

### Suggested Use

Take 2 capsules daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

†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® Calcium Bisglycinate Chelate, Chromium Nicotinate Glycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate, Magnesium Bisglycinate Chelate, and Zinc Bisglycinate 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.

SKU	Unit Count	Benefits	Features
VM2*	60 Capsules	Foundational	*NSF Certified for Sport® Gluten Free
VM2NC	60 Capsules		

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