

# Multi-Vitamin Elite

Two multi-vitamin / mineral formulas that support high performance nutrition\*



Complete multi  
Curcumin  
Green tea phytosome  
Relora®

**THORNE®**

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**Multi-Vitamin Elite**

DIETARY SUPPLEMENT

2 BOTTLES  
90 CAPSULES / BOTTLE

## Key nutritional features

- / Contains botanical extracts that provide additional benefit for joint recovery, energy metabolism, stress relief, and restful sleep\*
- / Includes the better-utilized forms of vitamin B2, B6, B12 and folate
- / Provides vitamin K2 to support bone and vascular health\*
- / Contains chelated minerals for optimal absorption\*

## Unique additions to the A.M. formula

The A.M. formula contains curcumin phytosome. Whereas, a standard curcumin product, when taken orally, is not well-absorbed, curcumin phytosome is made with advanced technology – which involves binding the curcumin to phospholipids from sunflower oil. This results in superior absorption and higher blood levels of curcumin compared to other curcumin products.\*<sup>1</sup> Curcumin is well known to help maintain healthy C-reactive protein levels and promote joint comfort and mobility.\*

The A.M. multi-vitamin formula also utilizes a unique form of green tea that employs the same phytosome technology to achieve enhanced absorption.\* Green tea polyphenols demonstrate significant antioxidant and thermogenic (fat burning) effects.\* In a 90-day study, 100 obese subjects were placed on either a low-calorie diet or a low-calorie diet plus green tea phytosome. The green tea phytosome cohort achieved significantly better improvements in weight and body mass index compared to the diet-only group.\*<sup>3</sup>

## Unique additions to the P.M. formula

Relora® is a proprietary blend of two plant extracts – from *Magnolia officinalis* and *Phellodendron amurense* – that has been shown to curb late-night food cravings, aiding in weight management.\*<sup>4</sup> Relora has also been shown to decrease cortisol levels in the evening<sup>4</sup> and decrease feelings of anxiousness<sup>5</sup> in adults who supplemented with it for six weeks.\* In a 2016 study, one dose of the Multi-Vitamin Elite's P.M. formula the night before an endurance cycling event resulted in improved sleep quality and improved sleep quantity.\* Time to fall asleep was an average of 28 minutes less in the group taking the Multi-Vitamin Elite P.M. formula.\*<sup>6</sup>

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

## SUPPLEMENT FACTS (A.M. Formula)

Serving Size: Three Capsules  
Servings Per Container: 30

Three Capsules Contain:	%DV	Three 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)††	75 mg 6%
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)††	63 mg 15%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	13.5 mg 90%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)††	10 mg 91%
Vitamin K (100 mcg as Vitamin K1 and 100 mcg as Vitamin K2 as MK-4)	200 mcg 167%	Selenium (as L-Selenomethionine)	100 mcg 182%
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)††	1.5 mg 65%
Niacin (as Niacinamide)	60 mg 375%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)††	200 mcg 571%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg 1,176%	Curcumin Phytosome††† (Curcuma longa extract (root) / Phospholipid complex from Sunflower)	200 mg **
Folate (600 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg DFE 250%	Green Tea Phytosome††† (Camellia sinensis extract (leaf) decaffeinated / Phospholipid complex from Sunflower)	75 mg **
Vitamin B12 (as Methylcobalamin)	600 mcg 25,000%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg **
Biotin	500 mcg 1,667%	Boron (as Bororganic™ Boron Glycinate Complex)††††	1 mg **
Pantothenic Acid (as Calcium Pantothenate)	45 mg 900%	Lutein (from Aztec Marigold extract (flower) (Tagetes erecta))	300 mcg **
Choline (as Choline Citrate)	18 mg 3%		

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

### Other Ingredients

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

## SUPPLEMENT FACTS (P.M. Formula)

Serving Size: Three Capsules  
Servings Per Container: 30

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

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

### Other Ingredients

Calcium Laurate, Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Dicalcium Phosphate, Silicon Dioxide.

### 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.

Gamma tocopherol does not have a recognized IU equivalent.

### WARNING

If pregnant, nursing, or trying to conceive, do not use 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 curcumin phytosome (Meriva®) and green tea phytosome (Greenselect®). Meriva and Greenselect are registered trademarks of Indena

S.p.A. ††††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc. †††††This product uses Albion's DimaCal® DiCalcium Malate. DimaCal is a registered trademark of Albion International, Inc. ††††††This product uses Albion's DIMagnesium Malate. Albion is a registered trademark of Albion International, Inc. †††††††This product uses Relora® (a proprietary blend of a patented extract from Magnolia officinalis bark and a proprietary extract from Phellodendron amurense bark). Relora is a registered trademark of InterHealth N.I. Its use in this product is protected by U.S. Patent Nos. 6,582,735 and 6,814,987.

SKU	Unit Count	Benefits	Features
VM114	90 Capsules/Bottle	Sports Performance* Foundational	Gluten Free Exclusive NSF Certified for Sport®



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