

PRODUCT DATA SHEET

Basic Nutrients V



Pure Ingredients, Trusted Results



Basic Nutrients V

A comprehensive multiple without iron and iodine featuring citrate-malate mineral chelates

- Provides the active forms of folic acid – L-5-methyltetrahydrofolate and folinic acid in a balanced 1:1 ratio
- Provides the active, readily usable forms of vitamins B2 and B6
- Features trace minerals exclusively available from Thorne as picolinates and our own patented form of chromium – UltraChrome®

BASIC NUTRIENTS V

Advanced Formula with Copper without Iron & Iodine

S u p p l e m e n t F a c t s		
Serving Size: Six Capsules		
Servings Per Container: 30		
Six Capsules Contain:		% DV
Vitamin A (12,500 IU from Mixed Carotenes and 2,500 IU as Palmitate)	15,000 IU	300%
Vitamin C (as Ascorbic Acid)	850 mg	1,417%
Vitamin D (as Vitamin D3)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopheryl)	400 IU	1,333%
Vitamin K (as Vitamin K1)	100 mcg	125%
Thiamin (as Thiamin HCl)	40 mg	2,667%
Riboflavin (as Riboflavin 5-Phosphate Sodium)	11 mg	647%
Niacin (130 mg as Niacinamide and 30 mg as Niacin)	160 mg	800%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg	250%
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg	7,500%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	413 mg	4,130%
Calcium (as Calcium Citrate-Malate)	300 mg	30%
Magnesium (as Magnesium Citrate-Malate)	285 mg	71%
Zinc (as Zinc Picolinate)	15 mg	100%
Selenium (as Selenium Picolinate)	200 mcg	286%
Copper (as Copper Picolinate)	1.5 mg	75%
Manganese (as Manganese Picolinate)	6 mg	300%
Chromium (as Chromium Chelidamate Arginate)	200 mcg	167%
Molybdenum (as Molybdenum Picolinate)	100 mcg	133%
Potassium (as Potassium Citrate-Malate)	90 mg	3%
Choline Citrate	100 mg	*
Boron (as Boron Picolinate)	3 mg	*
Vanadium (as Vanadium Picolinate)	100 mcg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

180 Vegetarian Capsules
Code: VM5

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

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

Interactions

As vitamin K interferes with the effect of anticoagulant drugs (like Coumadin), the concurrent use of these agents should be avoided.

Folinic acid and 5-methyltetrahydrofolate supplementation is not recommended concurrent with methotrexate cancer therapy, as they can interfere with methotrexate's anti-neoplastic activity; however, these folate sources have not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

Additional Warnings

Vitamin C can cause diarrhea in some individuals in large doses, which can vary from person to person and resolves when the amount is reduced.

Gas, bloating, or diarrhea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolves when the amount is reduced.