

PRODUCT DATA SHEET

Extra Nutrients™



Extra Nutrients™

A multi-vitamin-mineral supplement for individuals needing extra antioxidant support*

- A comprehensive multi with extra antioxidant nutrients*
- 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®

EXTRA NUTRIENTS

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%
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)		
10.15 mg		508%
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%
Iodine (as Potassium Iodide)		
225 mcg		150%
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		*
Hesperidin Methyl Chalcone		
100 mg		*
Coenzyme Q10		
50 mg		*
Glutathione (Reduced)		
50 mg		*
R-Lipoic Acid (as Sodium R-Lipoic Acid)		
5 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, Microcrystalline Cellulose.

180 Vegetarian Capsules

Code: VMX

Allergy Warning

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

Iodine may occasionally cause an allergic reaction in some individuals.

Pregnancy Warning

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

Interactions

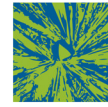
Folinic acid and 5-methyltetrahydrofolate supplementation is not recommended concurrently with methotrexate cancer therapy, as they can interfere with methotrexate's anti-neoplastic activity; however, these folate sources have not been shown to interfere with the anti-inflammatory activity of methotrexate. 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.

*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.



THORNE
RESEARCH

Pure Ingredients, Trusted Results

Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use

Take 3 to 6 capsules daily or as recommended by a health-care practitioner.

Additional Notes
