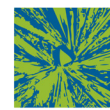


PRODUCT DATA SHEET

Meta-Fem[®]



**THORNE
RESEARCH**

Pure Ingredients, Trusted Results



Meta-Fem[®]

A comprehensive vitamin-mineral supplement for women over 40

- Provides the active forms of folic acid – L-5-methyltetrahydrofolate and folinic acid in a balanced 1:1 ratio
- Contains more calcium and magnesium in the highly absorbable citrate-malate form
- Provides the active, readily usable forms of vitamins B6 and B2
- Provides botanical support for a healthy hormone balance*
- Use in conjunction with Meta-Balance for additional support during menopause*

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

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.

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 4 to 8 capsules daily or as recommended by a health-care practitioner.

Additional Notes

*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.