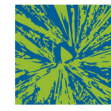


# PRODUCT DATA SHEET

## Nutri-Fem™



**THORNE  
RESEARCH**

Pure Ingredients, Trusted Results



### Nutri-Fem™

A comprehensive multiple for women of childbearing age

- Provides the active forms of folic acid – L-5-methyltetrahydrofolate and folinic acid in a balanced 1:1 ratio
- Contains calcium and magnesium in the highly absorbable citrate-malate form
- Provides the active, readily usable forms of vitamins B6 and B2
- Contains botanicals to support healthy hormone balance\*
- Use in conjunction with Bio-PMT® for additional support during the premenstrual phase\*

### NUTRI-FEM

S u p p l e m e n t F a c t s		
Serving Size: Eight Capsules		
Servings Per Container: 30		
Eight 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)	1,600 IU	400%
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)	23.7 mg	1,185%
Folate (500 mcg as Calcium Folate and 500 mcg as (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)	500 mg	50%
Iron (as Iron Picolinate)	15 mg	83%
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	*
Wild Yam (root) ( <i>Dioscorea villosa</i> )	50 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.

240 Vegetarian Capsules

Code: VMF

### 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

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

\*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.