

POWERED BY THORNE RESEARCH

EXOSTM
PERFORMANCE NUTRITION

FOUNDATION

THE RAW INGREDIENTS YOU NEED TO REACH YOUR GOALS.

MULTI-VITAMIN

- + COMPREHENSIVE BLEND OF VITAMINS AND MINERALS
- + SUPPORTS HIGH PERFORMANCE NUTRITION PROGRAMS*
- + PROVIDES VITAMIN K2 TO SUPPORT CALCIUM METABOLISM*
- + OPTS FOR THE BETTER-UTILIZED FORMS OF VITAMIN B12 AND FOLATE*
- + INCLUDES CHELATED MINERALS FOR OPTIMAL ABSORPTION*
- + INCLUDES HIGHER AMOUNTS OF MAGNESIUM AND CALCIUM

VERY FEW AMERICANS EAT THE RECOMMENDED FIVE DAILY SERVINGS OF FRUITS AND VEGETABLES. A GOOD MULTI-VITAMIN SUPPLEMENT HELPS ENSURE YOU'RE GETTING THE NUTRIENTS YOU NEED, EVEN WHEN YOU'RE NOT EATING YOUR BEST. A HEALTHY DIET PLUS A MULTI-VITAMIN SUPPLEMENT PROVIDES EVEN GREATER BENEFITS.* MADE FROM PURE, BIOAVAILABLE RAW MATERIALS, OUR SUPPLEMENT IS SOY- AND GLUTEN-FREE.



PRECISION NUTRITION
APPROVED

EXOSfuel.com

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MULTI-VITAMIN

Supplement Facts					
Serving Size: Two Capsules					
Servings Per Container: 30					
Two Capsules Contain:		% DV	Two Capsules Contain:		% DV
Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)	5,000 IU	100%	Niacin (as Niacinamide)	80 mg	400%
Vitamin C (as Ascorbic Acid)	250 mg	417%	Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Vitamin D3 (as Cholecalciferol)	2,000 IU	500%	Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%	Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Vitamin K (200 mcg as Vitamin K1 (Phytonadione) and 200 mcg as Vitamin K2 (Menaquinone-4))	400 mcg	500%	Biotin	500 mcg	167%
Thiamin (as Thiamin HCl)	50 mg	3,333%	Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%	Calcium (as Calcium Bisglycinate Chelate)	30 mg	3%
Iodine (as Potassium Iodide)	75 mcg	50%	Chromium (as Chromium Nicotinate Glycinate Chelate)	400 mcg	333%
Magnesium (as Magnesium Bisglycinate Chelate)	20 mg	5%	Molybdenum (as Molybdenum (II) Glycinate Chelate)	100 mcg	133%
Zinc (as Zinc Bisglycinate Chelate)	15 mg	100%	d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	*
Selenium (as L-Selenomethionine)	200 mcg	286%	Boron (from Bororganic™ Glycine)	2 mg	*
Copper (as Copper (II) Bisglycinate Chelate)	750 mcg	38%	Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	300 mcg	*
Manganese (as Manganese (II) Bisglycinate Chelate)	3 mg	150%	*Daily Value (DV) not established.		

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.

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

Gamma tocopherol does not have a recognized IU equivalent.

†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.

SUGGESTED USE:

Take 2 capsules daily or as recommended by your health-care or performance professional.

Product Code: EXOSVM2
60 Vegetarian Capsules

NO ARTIFICIAL COLORS

NO ARTIFICIAL SWEETENERS

NO UNNECESSARY ADDITIVES

ORDER INFORMATION

To order, please visit EXOSfuel.com

Manufactured by Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825, 1-800-228-1966



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