

PRODUCT DATA SHEET

AL'S FORMULA

DESCRIPTION

Dietary Supplement

Al's Formula

Supplement Facts

Serving Size: Eight Capsules Servings Per Container: 30

Eight Capsules Contain:		% DV
Vitamin A (as 2500 IU Palmitate and 12,500 IU Mixed Carotenes)	15,000 IU.	300%
Vitamin C (as Ascorbic Acid)	850 mg.	1417%
Vitamin D (as Vitamin D3)	1600 IU.	400%
Vitamin E (as d-Alpha-Tocopheryl)	400 IU.	1333%
Vitamin K (as Vitamin K1)	100 mcg.	125%
Thiamine (as Thiamine HCl)	40 mg.	2667%
Riboflavin (as Riboflavin 5'- Phosphate)	11 mg.	647%
Niacin (from 30 mg Niacin and from 130 mg Niacinamide)	160 mg.	800%
Vitamin B6 (as Pyridoxal 5'- Phosphate)	16.9 mg.	845%
Folate (500 mcg as Calcium Folate and 500 mcg as 5-Methyl-tetrahydrofolate)	1000 mcg.	250%
Vitamin B12 (225 mcg as Adenosylcobalamin and 225 mcg as Methylcobalamin)	450 mcg.	7500%
Biotin	400 mcg.	133%
Pantothenic Acid (as Calcium Pantothenate)	413 mg.	4130%
Calcium (as Calcium Citrate-Malate)	300 mg.	30%
Magnesium (as Magnesium Citrate-Malate)	285 mg.	71%
Zinc (as Zinc Picolinate)	30 mg.	200%
Selenium (as Selenium Picolinate)	200 mcg.	286%
Copper (as Copper Picolinate)	1.5 mg.	75%
Manganese (as Manganese Picolinate)	6 mg.	300%
Chromium (as UltraChrome®)	200 mcg.	167%
Molybdenum (as Molybdenum Picolinate)	100 mcg.	133%
Potassium (as Potassium Citrate-Malate)	90 mg.	2.5%
Boron (as Boron Picolinate)	3 mg.	*
Choline Citrate	100 mg.	*
Vanadium (as Vanadium Picolinate)	100 mcg.	*
Saw Palmetto extract (fruit) (<i>Serenoa repens</i>) (85% fatty acids and sterols)	160 mg.	*
English Hawthorne extract (top branch flowers) (<i>Crataegus oxyacantha</i>) (1.8% vitexin-2-rhamnosides)	50 mg.	*
L-Alanine	100 mg.	*
Glycine	100 mg.	*
Glutamic Acid	100 mg.	*
Pure Betaine (Trimethylglycine)	300 mg.	*

*Daily Value (DV) not established.

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

†A hypoallergenic ingredient used to fill space.

EXCIPIENT FREE

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

HOW SUPPLIED

Al's Formula is supplied in bottles of 240 two-piece vegetarian capsules. Packed 12 bottles per case.

CONTRAINDICATIONS AND WARNINGS

Copper is contraindicated in a patient with Wilson's disease.

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

INTERACTIONS

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

Folinic acid supplementation is not recommended concurrently with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, folinic acid has not been shown to interfere with the anti-inflammatory activity of methotrexate. A patient taking methotrexate for psoriasis, rheumatoid arthritis, or juvenile rheumatoid arthritis can safely take a folate supplement.

While some companies say they are raising their standards ... at Thorne, we set them.™



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VMM / 240 Vegetarian Capsules

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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DOSAGE

Adult patients: 4 capsules twice daily, or as otherwise directed by a health-care practitioner.

STORAGE

Store tightly sealed in a cool dry place, away from direct light. Keep out of the reach of children.

TRADEMARK AND PATENT INFORMATION

UltraChrome® is Thorne's trade name for Chromium (4 oxopyridine2,6-dicarboxylate, arginate). Protected under U.S. Patent No. 5,665,385.

MANUFACTURED BY

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