

PRODUCT DATA SHEET

BASIC NUTRIENTS I

DESCRIPTION

Dietary Supplement

Aspartate Formula

BASIC NUTRIENTS I

Without Copper & Iron

Supplement Facts

Serving Size: Six Capsules Servings Per Container: 30

Six Capsules Contain:	% DV	
Vitamin A (as 2,500 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)	1000 IU.	250%
Vitamin E (as d-Alpha-Tocopheryl)	400 IU.	1333%
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)	10 mg.	500%
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 Aspartate)	300 mg.	30%
Iodine (as Potassium Iodide)	225 mcg.	150%
Magnesium (as Magnesium Aspartate)	285 mg.	71%
Zinc (as Zinc Picolinate)	15 mg.	100%
Selenium (as Selenium Picolinate)	200 mcg.	286%
Manganese (as Manganese Picolinate)	6 mg.	300%
Chromium (as UltraChrome®)	200 mcg.	167%
Molybdenum (as Molybdenum Picolinate)	100 mcg.	133%
Potassium (as Potassium Aspartate)	90 mg.	2.5%
Boron (as Boron Picolinate)	3 mg.	*
Choline Citrate	100 mg.	*
Vanadium (as Vanadium Picolinate)	100 mcg.	*

*Daily Value (DV) not established.

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

†A hypoallergenic ingredient used to fill space.

VM1 / 180 Vegetarian Capsules

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

Basic Nutrients I is supplied in bottles of 180 two-piece vegetarian capsules. Packed 12 bottles per case.

CONTRAINDICATIONS AND WARNINGS

Iodine has prompted allergic reactions in some individuals. This product is contraindicated in a patient with a history of hypersensitivity to any of its ingredients.

INTERACTIONS

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.

PREGNANCY WARNING

A patient who is pregnant or nursing, or who might become pregnant, should consult a health-care practitioner before using this product.

Some women may reduce their risk of having a child with birth defects of the brain and spinal cord by maintaining adequate intakes of folate during their childbearing years. The safe upper limit of daily intake value of folate is 1000 mcg. Folate needs to be consumed as part of a woman's healthful diet.

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



*the Original Specialists
in Pure Encapsulations™*

EMAIL: info@thorne.com WEBSITE: www.thorne.com
TOLL FREE: (800)228-1966 TOLL-FREE FAX: (800)747-1950
P.O. BOX 25, DOVER, IDAHO, 83825

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.

© 2009 Thorne Research, Inc. All rights reserved.

DOSAGE

Adult patients: 3 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

Thorne Research, Inc.
Dover, Idaho USA 83825
800-228-1966
208-265-2488 fax
info@thorne.com
www.thorne.com

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



*the Original Specialists
in Pure Encapsulations™*

EMAIL: info@thorne.com WEBSITE: www.thorne.com
TOLL FREE: (800)228-1966 TOLL-FREE FAX: (800)747-1950
P.O. BOX 25, DOVER, IDAHO, 83825