

PRODUCT DATA SHEET

META-FEM

DESCRIPTION

Dietary Supplement

Meta-Fem™

Supplement Facts

Serving Size: Eight Capsules

Servings Per Container: 30

Eight 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)	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)	600 mg.	60%
Iodine (as Potassium Iodide)	225 mcg.	150%
Magnesium (as Magnesium Citrate-Malate)	300 mg.	75%
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 UltraChrome®)	200 mcg.	167%
Molybdenum (as Molybdenum Picolinate)	100 mcg.	133%
Potassium (as Potassium Citrate-Malate)	90 mg.	2.5%
Boron (as Boron Picolinate)	4 mg.	*
Choline Citrate	100 mg.	*
Vanadium (as Vanadium Picolinate)	100 mcg.	*
Malic Acid (from mineral citrate-malate)	1400 mg.	*
Wild Yam (root) (<i>Dioscorea villosa</i>)	50 mg.	*
Dong Quai extract (root) (<i>Angelica sinensis</i>)	100 mg.	*
Hesperidin Methyl Chalcone	75 mg.	*

*Daily Value (DV) not established.

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

†A hypoallergenic ingredient used to fill space.

VMW / 240 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

Meta-Fem 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.

Iodine may occasionally cause an allergic reaction in some individuals.

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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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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PREGNANCY WARNING

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

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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