POWERED BY THORNE RESEARCH

EXOS™

PERFORMANCE NUTRITION

FOUNDATION

THE RAW INGREDIENTS YOU NEED TO REACH YOUR GOALS.

MULTI-VITAMIN ELITE

+ TWO IDEAL VITAMIN-MINERAL COMBINATIONS, A.M. AND P.M.
+ THE A.M. INCLUDES ANTIOXIDANT BENEFITS FROM GREEN TEA PHYTOSOME AND ANTI-INFLAMMATORY IMMUNE RESPONSE BENEFITS FROM CURCUMIN PHYTOSOME*
+ THE P.M. INCLUDES RELORA®, A PROPRIETARY BLEND OF PLANT EXTRACTS DESIGNED TO AID IN MANAGING STRESS AND WEIGHT AND IMPROVING MOOD

MULTI-VITAMIN ELITE PROVIDES TWO MULTI-VITAMIN FORMULAS TO MEET YOUR DAYTIME AND NIGHTTIME NEEDS. THE A.M. FORMULA HELPS BOOST ENERGY DURING THE DAYTIME, WHILE THE P.M. FORMULA SUPPORTS REST AND RECOVERY AT NIGHT.*

MULTI-VITAMIN ELITE IS DIFFERENT FROM OTHER MULTI-VITAMIN/MINERAL PRODUCTS ON THE MARKET BECAUSE IT:

+ 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
+ PROVIDES INDENA'S CURCUMIN PHYTOSOME TO SUPPORT JOINT, GASTROINTESTINAL, AND CARDIOVASCULAR FUNCTION BY HELPING TO MAINTAIN THE BODY'S NORMAL INFLAMMATORY RESPONSE*

*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.

PRECISION NUTRITION APPROVED

EXOSfuel.com

POWERED BY **THORNE RESEARCH**

EXOS™

PERFORMANCE NUTRITION

MULTI-VITAMIN ELITE A.M.

SUPPLEMENT FACTS

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:		% DV
Vitamin A (3,000 IU as Beta Carotene and 2,000 IU as Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D3 (as Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg	250%
Thiamin (as Thiamin HCl)	50 mg	3,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	12 mg	706%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	20 mg	1,000%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	600 mcg	150%
Vitamin B12 (as Methylcobalamin)	600 mcg	10,000%
Biotin	500 mcg	167%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Calcium (as Calcium Bisglycinate Chelate)	38 mg	4%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)	63 mg	16%
Zinc (as Zinc Bisglycinate Chelate)	10 mg	67%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as Copper (II) Bisglycinate Chelate)	750 mcg	38%
Manganese (as Manganese (II) Bisglycinate Chelate)	1.5 mg	75%
Chromium (as Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
Molybdenum (as Molybdenum (II) Glycinate Chelate)	50 mcg	67%
Curcumin Phytosome (*Curcuma longa* extract (root) / Phosphatidylcholine complex)	200 mg	**
Green Tea Phytosome (*Camellia sinensis* extract (leaf) decaffeinated / Phosphatidylcholine complex)	75 mg	**
Choline Citrate	50 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Glycine)	1 mg	**
Lutein (from Aztec Marigold extract (flower) (*Tagetes erecta*))	300 mcg	**

**Daily Value (DV) not established.

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

Gamma tocopherol does not have a recognized IU equivalent.

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

SUGGESTED USE:
Take 3 capsules in the morning daily with a meal or as recommended by your health-care or performance professional.

Product Code: EXOS114AM
90 Vegetarian Capsules

MULTI-VITAMIN ELITE P.M.

SUPPLEMENT FACTS

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:		% DV
Vitamin A (600 IU as Beta Carotene and 400 IU as Palmitate)	1,000 IU	20%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	500 IU	125%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	20 IU	67%
Vitamin K (100 mcg as Vitamin K1 (Phytonadione) and 100 mcg as Vitamin K2 (Menaquinone-4))	200 mcg	250%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Biotin	500 mcg	167%
Calcium (as Calcium Bisglycinate Chelate)	50 mg	5%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Bisglycinate Chelate)	107 mg	27%
Zinc (as Zinc Bisglycinate Chelate)	20 mg	133%
Selenium (as L-Selenomethionine)	100 mcg	143%
Copper (as Copper (II) Bisglycinate Chelate)	750 mcg	38%
Manganese (as Manganese (II) Bisglycinate Chelate)	1.5 mg	75%
Chromium (as Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
Molybdenum (as Molybdenum (II) Glycinate Chelate)	50 mcg	67%
Proprietary Blend†	200 mg	
Magnolia officinalis (bark) extract		**
Phellodendron amurense (bark) extract		**
Choline Citrate	100 mg	**
d-Gamma Tocopherol (from Mixed Tocopherols)	24 mg	**
Boron (as Bororganic™ Glycine)	2 mg	**
Lutein (from Aztec Marigold extract (flower) (*Tagetes erecta*))	600 mcg	**

**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.

†This product uses Relora® (a proprietary blend of a patented† extract from *Magnolia officinalis* bark and a proprietary extract from *Phellodendron amurense* bark). Relora is a registered trademark of NPI, LLC. Its use in this product is protected by U.S. Patent No. 6,582,735. Gamma tocopherol does not have a recognized IU equivalent.

SUGGESTED USE:
Take 3 capsules in the evening daily with a meal or as recommended by your health-care or performance professional.

Product Code: EXOS114PM
90 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

PRECISION NUTRITION APPROVED

EXOSfuel.com