

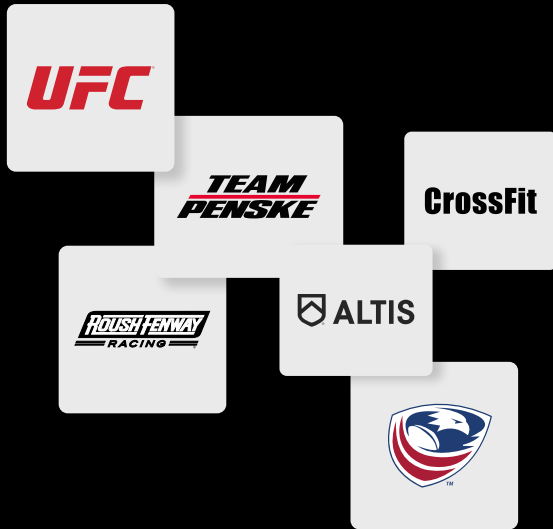
THORNE

NSF Certified for Sport[®]



Podium-ready products that never contain unnecessary binders, fillers, or flowing agents that can stand in the way of peak performance.

Precise testing. Unparalleled quality.



Every lot of the raw materials that are used to make a Thorne product is first quarantined and tested for its identity, purity, and potency before being released for manufacturing. After manufacturing has been completed, every finished product is tested before being released for sale. Thorne's stability program tests the final quality and stability of hundreds of finished products every month. And we guarantee that a product meets 100% of its label claims, right up to the expiration date.

Thorne's nutritional supplement products are manufactured in an NSF International GMP-certified facility. All of the products featured in this brochure are NSF Certified for Sport[®], which ensures they have been independently tested by NSF International and verified to be free of more than 200 substances that are banned in athletic competition.

Foundational

Metabolism*

Muscle/Tendon*



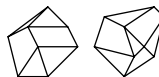
Amino Complex

Lemon or Berry Flavored

Featured in the Training Bundle

A comprehensive, vegan-sourced blend of branched-chain and essential amino acids to help build and maintain lean muscle mass*

Amino acid supplementation can decrease fat synthesis, improve redox status, and promote energy production via activation of NRF-2 and PGC-1alpha.* The comprehensive blend of essential amino acids in Amino Complex is high in branched-chain amino acids, a group of amino acids that have been validated through numerous clinical trials to promote the growth of lean muscle mass and enhance muscle strength.* This active ingredient formulation in Amino Complex is backed by more than 25 years of scientific and clinical research.



L-Leucine L-Valine
L-Lysine L-Threonine
L-Isoleucine L-Histidine

and more

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B-Complex #6



Optimal balance of B vitamins with extra B6 for brain and nerve health and PMS discomfort*

B-Complex #6 contains thiamine (vitamin B1), riboflavin and riboflavin 5'-phosphate (vitamin B2), niacinamide (vitamin B3), pantothenic acid (vitamin B5), pyridoxine and pyridoxal 5'-phosphate (vitamin B6), methylcobalamin (vitamin B12), methylfolate (5-MTHF), and biotin.

Although each B vitamin is chemically distinct, they often work together in various biochemical functions throughout the body – from cellular energy production, to healthy red blood cell formation, to healthy neurological function.*



Vitamin B1
Vitamin B2

Vitamin B3
Vitamin B6

and more

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Basic Nutrients 2/Day

Featured in the
Youth Bundle

Easy-to-use daily multi-vitamin/mineral supplement
for everybody

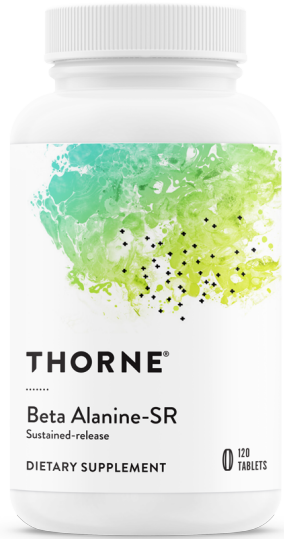
This complete formula delivers foundational amounts of 24 vitamins and minerals in forms most readily absorbed by the body.* Per serving, it features 2,000 IU of vitamin D3 and 400 mcg of vitamin K (in K1 and K2 forms), plus mixed tocopherols, bioactive B vitamins, and amino acid-chelated minerals.



Vitamin A Vitamin E Vitamin B2
Vitamin C Vitamin K Vitamin B3
Vitamin D Vitamin B1 Vitamin B6
_____ and more

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Beta Alanine-SR

Featured in the
Training Bundle

An amino acid that promotes and maintains muscle endurance and output*

Beta Alanine-SR supports muscle capacity and fights muscle fatigue to benefit athletic performance.* PureTab™ sustained-release technology provides long-lasting benefit while minimizing side effects.*

Because acidity is a major contributor to muscle fatigue, the presence of carnosine helps maintain a normal pH in muscles by buffering the hydrogen ions created when muscles generate energy.* Thorne's Beta Alanine-SR is required to create carnosine.* Supplementing with beta-alanine will support muscle health, muscle work capacity, and perceived time-to-exhaustion in anaerobic exercise that lasts 1-4 minutes and aerobic exercise that lasts longer than 4 minutes.*



SR CarnoSyn® Beta-alanine

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Catalyte®

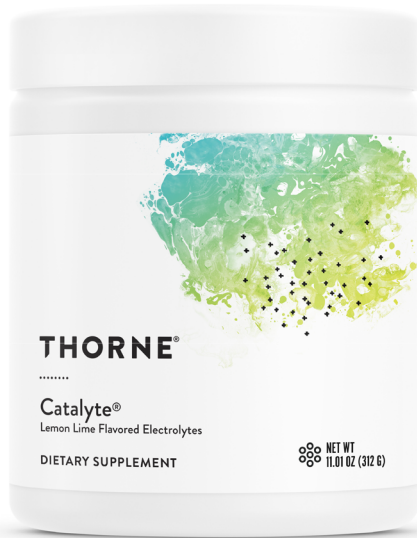
Featured in the
Travel Bundle
Youth Bundle
Recovery Bundle

An electrolyte complex that promotes and maintains muscle endurance and output*

Catalyte combines electrolytes with B vitamins, vitamin C, additional minerals, and taurine for broad-spectrum repletion of nutrients and hydration of cells.* The ratio of sodium to other ingredients in Catalyte resembles that typically found in sweat. Its blend of potassium, sodium, chloride, calcium, and magnesium replaces the primary electrolytes lost in perspiration, while also helping to repair and rebuild muscle tissue.*



Electrolytes **Vitamin C**
B Vitamins **Taurine**
_____ and more



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Replenish with the leader in scientific wellness.

Health and wellness is everything for athletic performance.

It's all about preparation. And it's not a few hours before the race, it's days before. Hydrating, taking the right supplements, replenishing after the race.

I've benefited from Thorne when it comes to my overall health and wellness, and also with my recovery – that's where it has been really good for me – after a race or a training session – and for my sleep.

Daniel Ricciardo

F1 Driver

Sports Performance*

Joint Support*

Healthy Aging*



Collagen Fit

Unflavored collagen for supporting the strength and health of joints, tendons, bones, and ligaments*

Power up your favorite beverage with nutrients that support joint and muscle health, cellular energy production, training, recovery, and healthy aging.* With collagen peptides that promote the growth of lean muscle mass, plus nicotinamide riboside (NR) for cellular energy and cellular repair, Thorne's unflavored collagen formula keeps you moving from morning to night and mixes easily into a hot or cold beverage, allowing you to get your collagen your way – in your coffee, your smoothie, or your own beverage creation.



Collagen Peptides
Nicotinamide Riboside
Betaine Anhydrous

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Creatine

Featured in the
Training Bundle

Support energy production and promote lean body mass with this powerful muscle builder*

Creatine supplementation supports increased work capacity and the power output of muscle while also promoting physical endurance and gain of lean body mass.* For athletes, creatine helps the body more efficiently create energy to engage in exercise.* Because creatine helps maintain hydration within the cells, it can mean a person might weigh more when stepping on the scale because the body is holding onto water within the muscles.



Creatine Monohydrate



Sports Performance*

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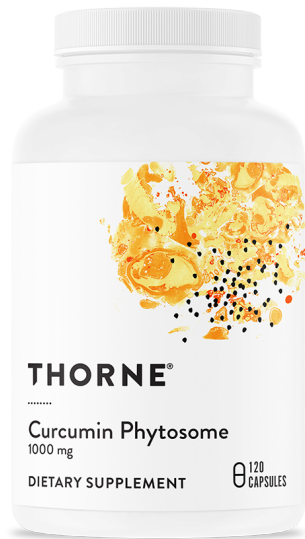


Wound/Injury*

GI Support*

Muscle/Tendon*

Joint Support*



Curcumin Phytosome

1000 mg

Featured in the
Recovery Bundle

Well-absorbed curcumin for relief from occasional joint and muscle soreness*

Curcumin Phytosome helps maintain a healthy inflammatory response throughout the body.* Used as a food ingredient in Asia for thousands of years, curcumin is a potent antioxidant that offers numerous health benefits, including support of joint, liver, GI, and cardiovascular function.* Normally, however, curcumin is poorly absorbed in the bloodstream, whether it comes from food or a nutritional supplement. Curcumin Phytosome is the most clinically studied curcumin on the market, with 29x greater absorption than ordinary curcumin.*



Curcumin Phytosome (1000 mg)

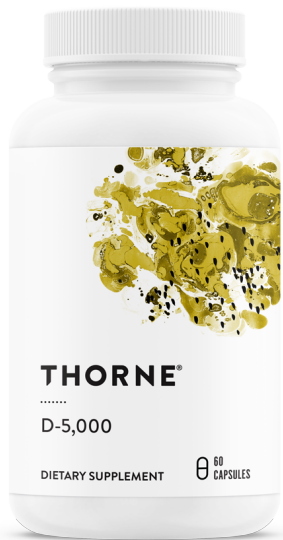
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Immune Support*

Foundational

Bone Support*



Vitamin D-5,000

Featured in the
Foundational Bundle

Containing 5,000 IUs of vitamin D3 without preservatives or dilution with lactose

Vitamin D plays an important role throughout life, beginning with fetal development, and protects a number of important functions in the body.* In addition to supporting healthy bones and muscles, it supports cardiovascular health and immune function.* Although direct sunlight provides natural vitamin D, many individuals of all ages, such as the indoor athlete, do not get enough vitamin D from sunlight and their diet. The easily absorbed Vitamin D-5,000 is an ideal way to maintain an optional level of vitamin D.*



Vitamin D (as Vitamin D3)

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EnteroMend[®]

A unique botanical and amino acid formula to help maintain a healthy intestinal tract*

EnteroMend combines the mucosa-protective effects of L-glutamine with highly absorbable botanical complexes to provide a unique and great-tasting orange-vanilla powder for maintenance of a healthy intestinal tract.* The plant extracts are all unique, well-studied, patented ingredients.



Aloe Vera
Boswellia Phytosome
Curcumin Phytosome

L-Glutamine
Guar Gum



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FloraSport 20B[®]

Featured in the
Travel Bundle
Youth Bundle

A unique probiotic blend that provides digestive and immune support for travelers and athletes*

FloraSport 20B is a blend of four clinically studied probiotic bacterial species that contains 20 billion organisms in each acid-resistant, delayed-release capsule. It is a stable, high-potency probiotic blend that supports gut health, immune function, and exercise recovery in children and adults, and especially in athletes.* FloraSport 20B is beneficial for athletes and fitness enthusiasts wanting the added lifestyle benefit from a daily probiotic as well as individuals who have frequent work or leisure travel and want portability of their probiotic supplement. It comes in individually-sealed blister packs for humidity and temperature control.



Probiotic Blend:

***Lactobacillus paracasei* (UALpc-04™)**

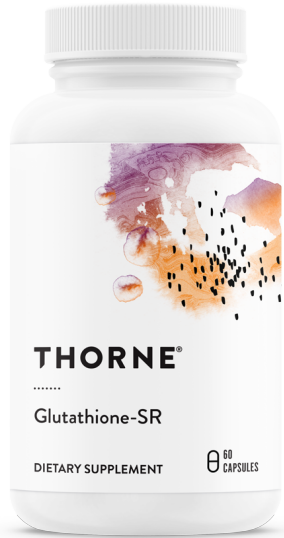
***Lactobacillus acidophilus* (UALa-01™)**

***Bacillus subtilis* (DE111®)**

***Bifidobacterium lactis* (HNO19)**

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Glutathione-SR

A sustained-release form of one of the body's most important antioxidant and detoxification factors*

Glutathione occurs naturally in cells and is a cofactor in dozens of enzymatic reactions involved in detoxification.* As an antioxidant, glutathione directly quenches several reactive oxygen species (free radicals).* The body's benefits from maintaining a normal level of glutathione include support for liver function, pulmonary function, immune function, bowel health, carbohydrate metabolism, cardiovascular health, cognitive health, and eye health.* Glutathione-SR is a breakthrough in glutathione supplementation because its sustained-release formula protects it from stomach acid and digestive enzymes, allowing for a slower release and a more steady level in the bloodstream of this essential nutrient.*



Glutathione

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Iron Bisglycinate

Iron in a form for enhanced absorption without gastrointestinal side effects*

Iron Bisglycinate provides an optimal way to supplement iron, which is essential for red blood cell formation.* It helps fight fatigue and other symptoms of iron deficiency in athletes and others.* Thorne's Iron Bisglycinate provides 25 mg of elemental iron per capsule that has been reacted with glycine for optimal absorption in the gastrointestinal tract, thus helping to decrease the typical gastrointestinal side effects.*



Albion Iron Bisglycinate
(Ferrochel®)

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L-Glutamine Powder

Helps with muscle cell repair post-exercise and promotes gastrointestinal and immune system health*

L-glutamine is an amino acid that supports a healthy intestinal lining and immune function, and assists in healing after injury or surgery and in muscle cell repair.* L-glutamine is the most prevalent amino acid in the bloodstream. It is found in high concentration in the gastrointestinal tract, which is its greatest user. Intense exercise lowers blood levels of glutamine, which can remain low if intense training is repeated without adequate recovery. Research indicates L-glutamine supplementation can offset these conditions.*



L-Glutamine

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Foundational

Muscle/Tendon*

Heart/Vessels*

Bone Support*



Magnesium Bisglycinate

A well-absorbed form of magnesium that promotes sleep and muscle relaxation*

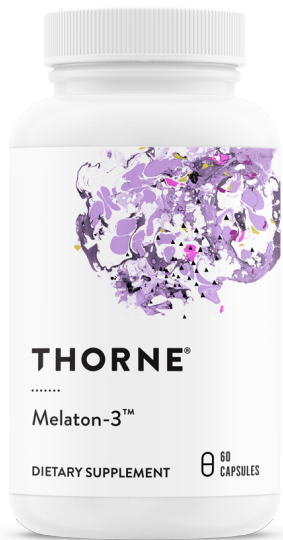
Magnesium Bisglycinate is a well-tolerated, lightly sweetened powder. It promotes restful sleep and relaxes smooth and skeletal muscle.* Thorne's Magnesium Bisglycinate is formulated for optimal absorbability.* Its molecular structure also reduces the laxative effect typically seen in magnesium supplements. Lightly sweetened with monk fruit and a hint of citrus. A low level of magnesium is associated with an increased level of C-reactive protein.*



Magnesium

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Melaton-3™

Featured in the
**Sleep Bundle
for Athletes
Travel Bundle**

To enhance restful sleep and help balance normal circadian rhythms*

Melatonin, the primary hormone of the pineal gland, is a powerful “chronobiotic” that helps maintain the body’s normal circadian rhythms.* In individuals who have difficulty sleeping or who have altered circadian rhythms because of jet lag or night shift work, melatonin supplementation promotes the resynchronization of this cycle.*

Research indicates melatonin exerts its sleep-promoting efficacy by decreasing the amount of time needed to fall asleep, by promoting the ability to stay asleep, and by enhancing the depth of sleep.*



Melatonin

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Multi-Vitamin Elite

Featured in the
**Sleep Bundle
 for Athletes**
 Foundational Bundle

Two high-performance multi-vitamin formulas that support your body from morning to night*

The A.M. formula promotes energy production during the daytime, while the P.M. formula enhances rest and recovery at night.* Multi-Vitamin Elite contains chelated minerals that exhibit optimum absorption, vitamin K2 that supports calcium metabolism, and active, tissue-ready forms of vitamins B2, B6, B12, and folate.* It also contains curcumin phytosome, to help maintain the body's normal inflammatory response in joints, muscles, and the gastrointestinal tract. Green tea phytosome provides antioxidant and metabolic benefits.*



Vitamin K Relora®
 Folate Curcumin Phytosome
 Zinc Green Tea Phytosome
 _____ and more

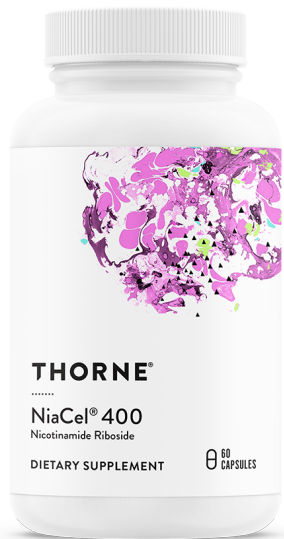
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Metabolism*

Healthy Aging*

Brain/Nerves*



NiaCel® 400

Support the vitality of your brain and body with the youthful power of Nicotinamide Riboside*

NiaCel 400 helps keep you feeling younger by benefiting cellular energy production, athletic performance, lean body composition, and supporting how your body handles its chronological age.* By adding Thorne's NiaCel 400, with nicotinamide riboside (NR), to your daily wellness routine, you can boost your body's level of NAD+, helping defend your body against the effects of early aging and optimizing your daily vitality.*



Nicotinamide Riboside
Betaine

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Trust a trusted brand.

A big reason why I chose Thorne over other products we had access to, is the quality. What I really want and what I firmly believe in is micronutrients and this brand has ***standalone micronutrients that are [NSF] certified,*** which is very rare.

Pete Bommarito

Owner & President, Bommarito Performance Institute

Energy*

Sports Performance*



Pre-Workout Elite

Citrus Berry
Flavored

Prioritize your lean muscle mass goals with Pre-Workout Elite, the formula that boosts physical performance and optimizes the “mental game”

Get results with Pre-Workout Elite, a clean blend featuring clinically studied ingredients. Athletes of all levels can expect a natural boost in the body’s ability to produce energy and less fatigue, allowing for longer and harder training sessions.* Unlike other pre-workouts on the market, this formula has none of the unpleasant side effects and doesn’t rely solely on a caffeine rush.* Feel it working in as soon as 30 minutes.*



Alpha GPC
Peak ATP®
PeakO₂® Mushroom Blend
Guayusa Extract
Mango Leaf Extract and Quercetin Phytosome

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Foundational

Sleep*

Muscle/Tendon*

Sports Performance*



RecoveryPro®

— Featured in the
Sleep Bundle
for Athletes

To support restful sleep and recovery*

RecoveryPro is a blend of hydrolyzed whey protein, natural-source GABA (PharmaGABA®), L-tryptophan, and magnesium bisglycinate. Whey protein promotes muscle repair, and L-tryptophan supports restful sleep.* PharmaGABA is a calming brain neurotransmitter that acts like a brake during times of runaway stress and, when combined with whey protein, promotes lean muscle mass.* Magnesium bisglycinate is a crucial cofactor in the production of ATP, which provides energy for muscles.* RecoveryPro comes in a chocolate-flavored powder that mixes easily in water and tastes great hot or cold.



Magnesium
Hydrolyzed Whey Protein
Gamma-Aminobutyric Acid (GABA)
L-Tryptophan

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Metabolism*

Brain/Nerves*

Muscle/Tendon*

Heart/Vessels*



Super EPA

Featured in the
Foundational Bundle
Recovery Bundle
Youth Bundle

Omega-3 fish oil with a higher level of EPA and DHA in an easy-to-swallow gelcap

The two most important omega-3 fatty acids from fish – EPA and DHA – are beneficial for the cardiovascular system.* These two fatty acids support good circulation by promoting healthy blood vessels, enhancing blood flow by optimizing vascular endothelial function, and maintaining already normal triglyceride and cholesterol levels.* They also support healthy brain function, cognition, and mood.*



**EPA (Eicosapentaenoic Acid)
DHA (Docosahexaenoic Acid)**

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SynaQuell™

Brain support for the contact sport athlete*

SynaQuell is formulated with the best-researched nutrients that support the brain, particularly for individuals who are involved in contact sports or other high-impact activities.* SynaQuell and SynaQuell+ contain the same ingredients, but in different amounts. SynaQuell is for everyday maintenance.*



BHB
BCAAs
DHA

CoQ10 Phytosome
Nicotinamide Riboside
_____ and more

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SynaQuell+™

Post-impact brain support for the contact sport athlete*

SynaQuell+ is formulated with the best-researched nutrients that support the brain, particularly for individuals who are involved in contact sports or other high-impact activities.* SynaQuell and SynaQuell+ contain the same ingredients, but in different amounts. SynaQuell+ provides higher amounts of key nutrients for shorter-term, post-impact support.*



BHB
BCAAs
DHA

CoQ10 Phytosome
Nicotinamide Riboside
_____ and more

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Whey Protein Isolate

Chocolate or Vanilla Flavored

Provides 21 g of protein in bioavailable isolate form and contains flavors and sweeteners derived from natural sources

Whey Protein Isolate contains approximately 2.2 grams per serving of leucine, an amino acid that signals the muscles to recover and repair after a workout.* Research shows that this is the amount of leucine that best repairs and maintains muscle.* Whey Protein Isolate also provides added bromelain and papain for their protease activity – to help with protein digestion.* This Thorne product is sweetened using evaporated cane sugar and stevia extract, which yields only 2-3 grams of sugar per serving.



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Zinc Picolate 30 mg

A highly-absorbed form of zinc, which supports immune function, reproductive health, and the prostate*

Zinc is essential for growth, immune function, testosterone metabolism, and numerous other functions in the body.* Zinc is involved in more than 200 enzymatic reactions and plays a key role in genetic expression, cell division, and growth.* Clinical studies demonstrate zinc supplementation can increase general wellness, and that it has a beneficial impact on connective tissue, as well as reproductive and eye health.*



Zinc

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Immune Support*

Foundational

Bone Support*

Brain/Nerves*



Foundational Bundle

A trio of supplements to meet the foundational nutrition needs of athletes*

The Foundational Bundle fills nutritional gaps found in an athlete whose training and participation in sports place added demands on energy production and recovery.*



Super EPA
Vitamin D-5,000
Multi-Vitamin Elite

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Recovery Bundle

A trio of supplements to maximize recovery from athletic training and competition*

Having a recovery plan in place is important for both training and competition – for the elite competitor and the “weekend warrior” alike. Your two-fold objective should be to establish your recovery plan and then consistently stick to it. Training and competing can create damage in your body that you might otherwise be inclined to overlook.

The Recovery Bundle helps replenish lost nutrients and promotes the repair and rebuilding of muscle tissue.*



Curcumin Phytosome (1000 mg)
Catalyte®
Super EPA

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Sleep Bundle for Athletes

A trio of supplements to promote restful sleep*

Because more than 40% of Americans don't get the ideal amount of sleep each night, sleep is a hot topic among sports medicine physicians and scientists. Seven of 10 adults experience so much daily stress that it disrupts their nightly sleep. Athletes are no different – if anything, they experience greater-than-average stress and its negative effects on their sleep. In fact, two-thirds of athletes report worse-than-normal sleep the night before a competition.

The Sleep Bundle helps athletes recover from the day's activities and be prepared for a new day of training or competition.*



Multi-Vitamin Elite
Melaton-3™
RecoveryPro®

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Sports Performance*

Sleep*

GI Support*

Wound/Injury*



Travel Bundle

A trio of supplements to help protect the health of athletes and others during travel*

Because travel is a necessary part of work, vacations, and holidays, as well as competitions for athletes, having a nutrition plan in place that includes supportive supplements will help you arrive at your destination feeling healthy, well-rested, and ready to perform at your best.

The Travel Bundle is designed to minimize the effects on performance sometimes caused by jet lag, dehydration, or close contact with an ill individual.*



FloraSport 20B®
Melaton-3™
Catalyte®

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Training Bundle

A trio of supplements to support an athlete's training and competition goals*

Giving as much thought to your nutrition both before and after exercise, as you do to planning and packing your gear, scheduling your training, and recording your results, will make a noticeable difference in your day-to-day activity. Although most athletes tend to focus their attention on their physical exertion during a workout, a majority of the factors to achieve a successful training session occur before and after the workout.

The Training Bundle supports and enhances energy production, muscle endurance, and power output to help athletes maximize training.*



Amino Complex (Lemon or Berry)
Creatine
Beta Alanine-SR

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Brain/Nerves*

GI Support*

Foundational

Sports Performance*



Youth Bundle

A suite of supplements to meet the foundational nutrition needs of youths*

Time constraints, lack of access to fresh, whole foods and grocery stores, limited culinary and nutritional knowledge, and underestimating the additional demands of sport, recovery, and growth are all factors that result in many children and adolescents falling short of recommended levels of nutrients.

The Youth Bundle provides the necessary nutrients often lacking from youth's diets to support growth and development.*



Basic Nutrients 2/Day
Catalyte®
Super EPA
FloraSport 20B®

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800-228-1966
support@thorne.com

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www.thorne.com