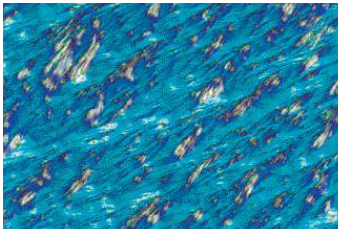


THORNE

R E S E A R C H



B-COMPLEX #5

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

S u p p l e m e n t F a c t s

Serving Size: One Capsule

Each Capsule Contains:	% DV	
Thiamin (as Thiamin HCl)	40 mg	2,667%
Riboflavin (25 mg as Riboflavin and 3.6 mg as Riboflavin 5'-Phosphate Sodium)	28.6 mg	1,682%
Niacin (as Niacinamide)	80 mg	400%
Vitamin B6 (20 mg as Pyridoxine HCl and 3.4 mg as Pyridoxal 5'-Phosphate)	23.4 mg	1,170%
Folate (100 mcg as Calcium Folate and 100 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200 mcg	50%
Vitamin B12 (50 mcg as Adenosylcobalamin and 50 mcg as Methylcobalamin)	100 mcg	1,667%
Biotin	80 mcg	27%
Pantothenic Acid (as Calcium Pantothenate)	225 mg	2,250%
Choline Citrate	40 mg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Magnesium Citrate/Laurate, Silicon Dioxide.

Suggested Use: Take 1 capsule 1-3 times daily or as recommended by your health-care practitioner.

Tamper Evident: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

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



HYPOALLERGENIC

Manufactured By: Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825 USA
1-800-228-1966 www.thorne.com



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