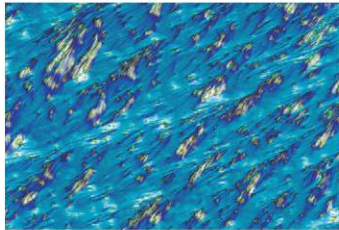


THORNE

R E S E A R C H



BASIC B COMPLEX

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: One Capsule

Each Capsule Contains:	% DV	
Thiamin (as Thiamin HCl)	110 mg	7,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	10 mg	588%
Niacin (130 mg as Niacinamide and 10 mg as Niacin)	140 mg	700%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	400 mcg	6,667%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	110 mg	1,100%
Choline Citrate	80 mg	*

*Daily Value (DV) not established.

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

Suggested Use: Take 1 capsule one to three 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.

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



B104
LB10413