



Foundational



Brain/Nerves†

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.



GLUTEN FREE

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



THORNE®

.....

B-Complex #12

DIETARY SUPPLEMENT

**60
CAPSULES**

SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:		%DV
Thiamin (as Thiamin HCl)	40 mg	3,333%
Riboflavin (25 mg as Riboflavin and 3.6 mg as Riboflavin 5'-Phosphate Sodium)	28.6 mg	2,200%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (20 mg as Pyridoxine HCl and 3.4 mg as Pyridoxal 5'-Phosphate)	23.4 mg	1,376%
Folate (200 mcg as Calcium Folate and 200 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	668 mcg DFE	167%
Vitamin B12 (300 mcg as Adenosylcobalamin and 300 mcg as Methylcobalamin)	600 mcg	25,000%
Biotin	80 mcg	267%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	900%
Choline (as Choline Citrate)	14 mg	3%
Daily Value (DV)		

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

manufactured by: THORNE RESEARCH, INC., 1-800-228-1966



B112
LB11216