

Stress[†]

Foundational

Energy[†]

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 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®

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Basic B Complex

DIETARY SUPPLEMENT

60
CAPSULES

SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:		%DV
Thiamin (as Thiamin HCl)	110 mg	9,167%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	10 mg	769%
Niacin (130 mg as Niacinamide and 10 mg as Niacin)	140 mg	875%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	588%
Folate (400 mcg as L-5-Methyltetrahydrofolate [†] from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	667 mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	400 mcg	16,667%
Biotin	400 mcg	1,333%
Pantothenic Acid (as Calcium Pantothenate)	110 mg	2,200%
Choline (as Choline Citrate)	28 mg	5%
Daily Value (DV)		

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

[†]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.

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



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