



Foundational



Women's Health

SUGGESTED USE: Take 1 capsule 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.



Certified for Sport™



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.



THORNE®

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B-Complex #6

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 5 mg as Riboflavin 5'-Phosphate Sodium)	30 mg	2,308%
Niacin (as Niacinamide)	80 mg	500%
Vitamin B6 (85 mg from 106 mg as Pyridoxine HCl and 15 mg from 25 mg Pyridoxal 5'-Phosphate)	100 mg	5,882%
Folate (200 mcg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	334 mcg DFE	84%
Vitamin B12 (as Methylcobalamin)	100 mcg	4,167%
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, Cellulose, Silicon Dioxide, Calcium Laurate.

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



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