



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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