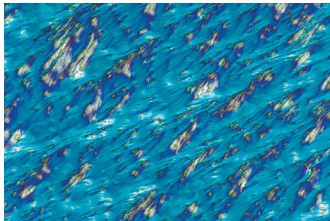


THORNE

R E S E A R C H



B-COMPLEX #6

60 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: One Capsule

Each Capsule Contains:	% DV	
Thiamin (as Thiamin HCl)	40 mg	2,667%
Riboflavin (25 mg as Riboflavin and 5 mg as Riboflavin 5'-Phosphate Sodium)	30 mg	1,765%
Niacin (as Niacinamide)	80 mg	400%
Vitamin B6 (85 mg from 106 mg as Pyridoxine HCl and 15 mg from 25 mg Pyridoxal 5'-Phosphate)	100 mg	5,000%
Folate (as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	100 mcg	1,667%
Biotin	80 mcg	27%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Choline (as Choline Citrate)	14.1 mg	*

*Daily Value (DV) not established.

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

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.

†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt.

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



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