



B Vitamin

THORNE B COMPLEX

Thorne B Complex contains the entire B complex, including the activated forms of vitamins B2 (riboflavin 5'-phosphate) and B6 (pyridoxal 5'-phosphate), and also includes 80 mg choline citrate.

Each Capsule Contains:

Thiamine (Vitamin B1)	110 mg.
Riboflavin (Vitamin B2)	
(from Riboflavin 5'-Phosphate).....	10 mg.
Niacinamide.....	130 mg.
Niacin (Vitamin B3)	10 mg.
Pyridoxine (Vitamin B6)	
(from Pyridoxal 5'-Phosphate).....	10 mg.
Pantothenic Acid (Vitamin B5)	110 mg.
Cyanocobalamin (Vitamin B12)	400 mcg.
Folic Acid	0.4 mg.
Biotin	400 mcg.
Choline Citrate	80 mg.

ZB104 / 60 Vegetarian Capsules

Dosage: 1 to 3 capsules qd

Available from

[Dr. Ingrid Pincott, ND](#)

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