

# Basic B Complex

Active forms of B vitamins for enhanced availability to the tissues\*



**Folate** (as 5-MTHF)  
**Vitamin B2** (as active R5P)  
**Vitamin B6** (as active P5P)  
**Vitamin B12** (as active methylcobalamin)

+ Many more



## What it is

Basic B Complex contains an optimal balance of the entire B complex plus choline – 10 water-soluble compounds. Basic B Complex contains thiamine (vitamin B1), riboflavin 5'-phosphate (active vitamin B2), niacin and niacinamide (two forms of vitamin B3), pantothenic acid (vitamin B5), pyridoxal 5'-phosphate (active vitamin B6), methylcobalamin (active vitamin B12), 5-MTHF (active folate), biotin, and choline. Unlike many B vitamin supplements on the market, Thorne's Basic B Complex is not derived from yeast.

## What it does

Basic B Complex contains active forms of B vitamins for enhanced availability to the tissues.\* B vitamins are essential for healthy nerve cell function, neurotransmitter formation, red blood cell formation, healthy adrenal function, energy production, healthy methylation, cardiovascular health, and more.\*

## Why take a B complex nutritional supplement?

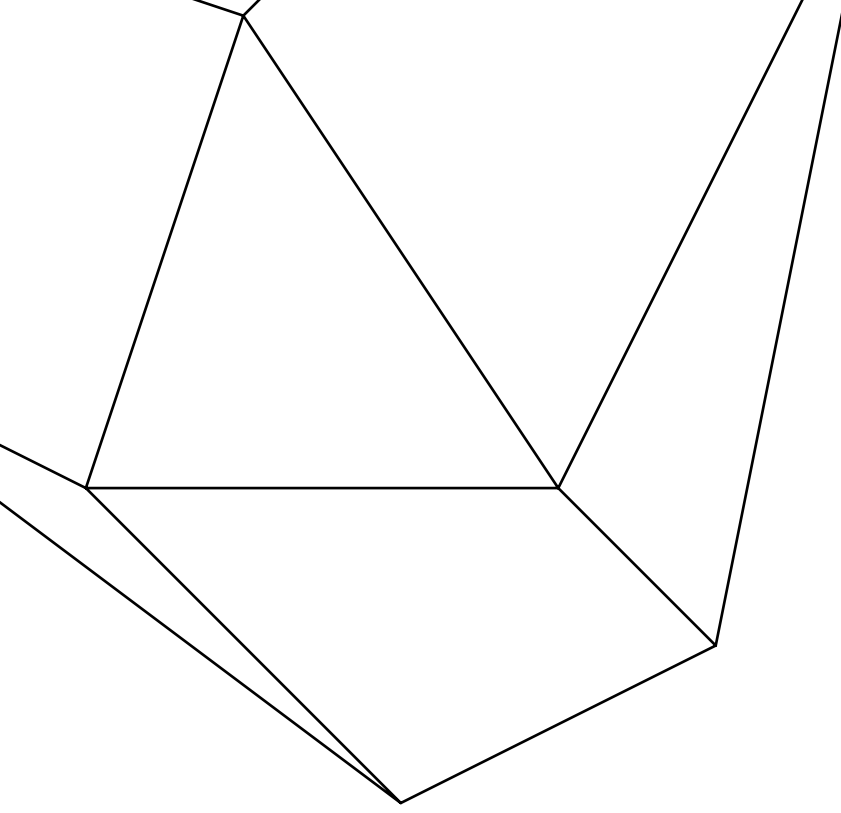
B vitamins are water soluble and most do not remain stored in the body, so they must be acquired daily from the diet or from supplementation in order to help maintain optimal health.\*

## Why include active, tissue-ready forms of some of the B vitamins?

Some B vitamins require conversion in the liver to their active forms, ready to be used by the body. Among the factors that can inhibit the body's ability to convert non-active vitamins to their active forms in the liver are compromised liver function, poorly functioning enzymes, digestive disturbances, and age. Thorne's Basic B Complex contains the entire B complex, including the activated forms of vitamin B2 (riboflavin 5'-phosphate), vitamin B6 (pyridoxal 5'-phosphate), folic acid (L-5-methyltetrahydrofolate), and vitamin B12 (methylcobalamin).

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## SUPPLEMENT FACTS

V20

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.

### Suggested Use

Take 1 capsule one to three times daily or as recommended by your health professional.

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 (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A.

SKU	Unit Count	Benefits	Features
B104	60 Capsules	Heart/vessel* Foundational Brain/nerves*	Stress* Energy* Gluten Free Yeast Free Dairy Free Soy Free

### Possible Interactions

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

**THORNE**

800-228-1966  
support@thorne.com

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