

THORNE B106

THORNE B-Complex #6: Instruction Manual

Model: B106

1. PRODUCT OVERVIEW

The THORNE B-Complex #6 is a dietary supplement designed to provide a comprehensive blend of essential B vitamins and choline. This formula supports various bodily functions, including energy production, neurological health, and muscle support. It is formulated with active, tissue-ready forms of B vitamins to enhance bioavailability.

This product is NSF Certified for Sport, ensuring compliance with label claims and the absence of substances banned by major athletic organizations.

2. KEY FEATURES AND BENEFITS

- **Complete Formula:** Each capsule delivers a balanced profile of 8 water-soluble B vitamins (B1, B2, B3, B5, B6, B7, B9, and B12) along with choline. These are provided in their active, tissue-ready forms for optimal absorption and utilization by the body.
- **Nerves and Brain Support:** Enhanced with extra Vitamin B6, this complex aids in supporting healthy neurological function and contributes to a balanced mood. This can be particularly beneficial for athletes aiming to optimize their mental state before competition.
- **Muscle Support:** The formulation assists in promoting creatine conversion, supports the metabolism of amino acids and protein, and may help reduce exercise-related muscle spasms and cramps by increasing magnesium bioavailability.
- **NSF Certified for Sport:** This certification confirms that the product has been rigorously tested to meet label claims and is free from nearly 300 substances prohibited by many leading athletic organizations, ensuring purity and safety for athletes.
- **Trusted Brand:** THORNE is recognized by over 100 professional sports teams and is a proud partner of U.S. National Teams. It is also the #1 recommended clinical brand by health-care practitioners, based on a 2023 survey.

3. INGREDIENTS

Each capsule contains:

Ingredient	Amount	% Daily Value
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%

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

**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.*

4. USAGE INSTRUCTIONS

4.1. Recommended Dosage

Take 1 capsule daily or as recommended by a health-care practitioner.

4.2. Important Considerations

- If pregnant, consult your health-care practitioner before using this product.
- Folinic acid and 5-methyl-tetrahydrofolate supplementation is not recommended concurrently with methotrexate cancer therapy, as they can interfere with methotrexate's anti-neoplastic activity. However, these folate sources have not been shown to interfere with the anti-inflammatory activity of methotrexate.
- Doses of vitamin B6 above 200 mg may inhibit breast milk production.

5. PRODUCT IMAGES

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, Calcium Laurate, Silicon Dioxide.

Image 1: Front view of the THORNE B-Complex #6 bottle, highlighting the brand and product name with a distinctive teal abstract design.



B-Complex #6

A complete B complex formula designed for the unique needs of athletes and women.*

*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.

Image 2: Close-up of the THORNE B-Complex #6 bottle, showing the detailed Supplement Facts label with ingredient list and daily values.

Commitment to quality

Thorne champions the cleanest manufacturing, the most comprehensive testing, and the purest, highest-quality ingredients.

100,000+

Tests carried out each year in our state-of-the-art Quality Control laboratories.

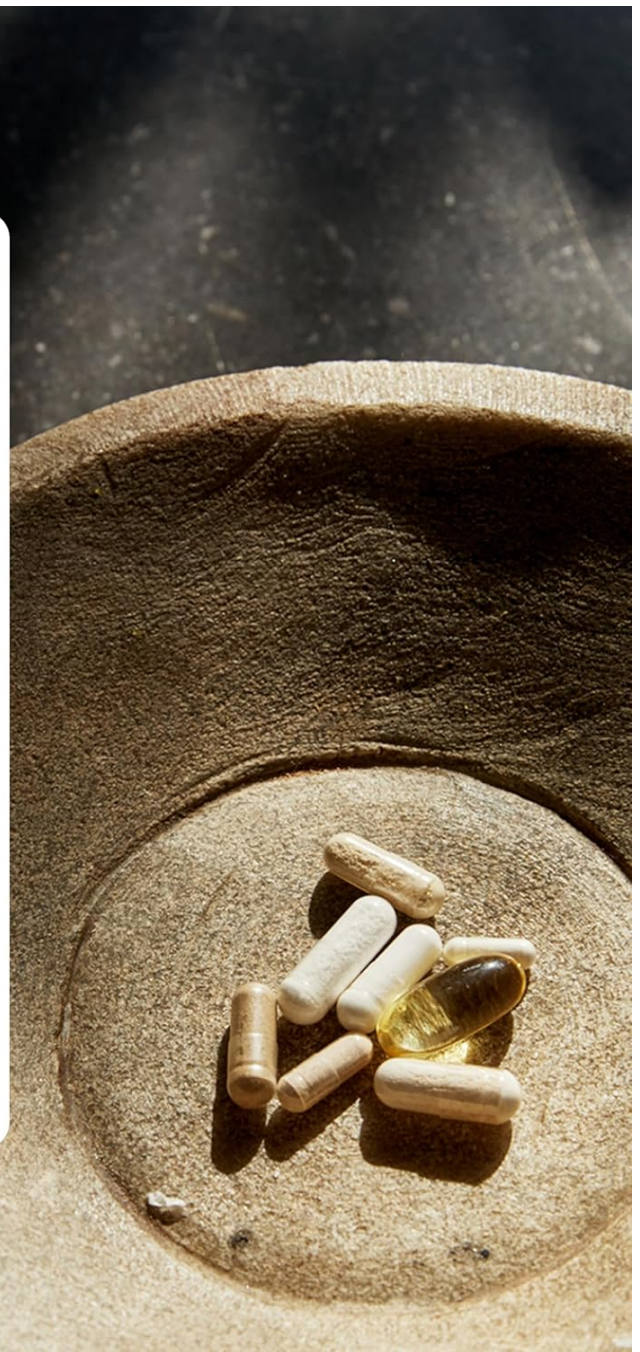


Image 3: Side view of the THORNE B-Complex #6 bottle, displaying the NSF Certified for Sport logo and other certifications.

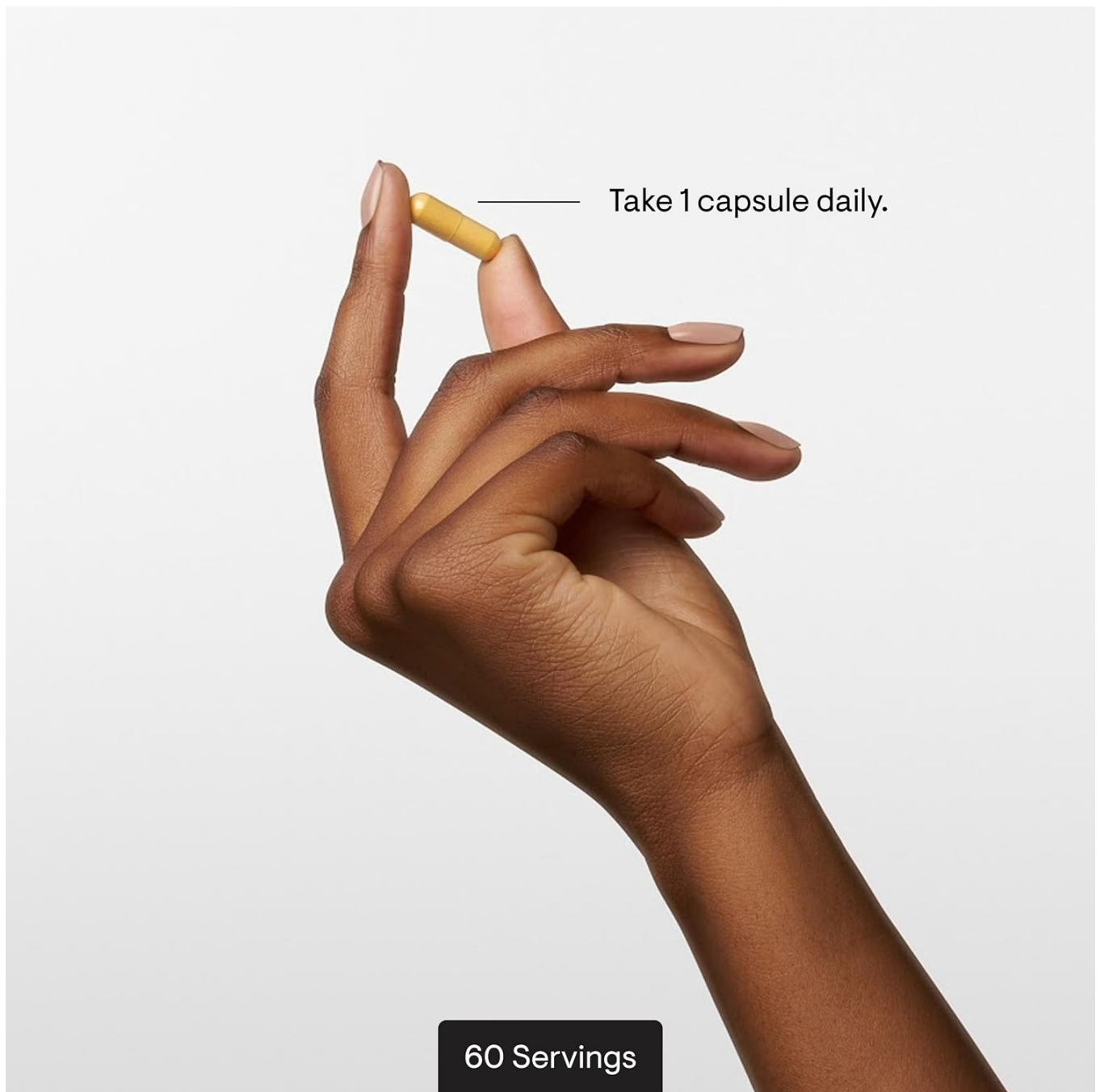


Image 4: A hand holding a single yellow capsule of THORNE B-Complex #6, illustrating the product's form.

6. OFFICIAL PRODUCT VIDEOS

What is Thorne's "No List"?

Your browser does not support the video tag.

This video explains Thorne's "No List" policy, detailing the ingredients and substances that are intentionally excluded from their products to ensure purity and quality. It highlights their commitment to clean manufacturing practices.

Thorne: Tested and Trusted Since 1984

Your browser does not support the video tag.

This video provides an overview of Thorne's history and commitment to quality, emphasizing their long-standing reputation for producing reliable and scientifically-backed supplements since 1984.

Thorne Supplements - No Standard Higher

Your browser does not support the video tag.

This video highlights Thorne's rigorous quality standards and commitment to excellence in supplement manufacturing, asserting that their standards are among the highest in the industry.

Thorne B-Complex #6

Your browser does not support the video tag.

This video specifically focuses on the Thorne B-Complex #6, explaining its benefits and how it supports the body's energy production and overall well-being.

7. QUALITY AND MANUFACTURING (MAINTENANCE)

Thorne is committed to the highest standards of quality and manufacturing. This involves:

- **Four Rounds of Testing:** Every supplement undergoes extensive testing, from raw materials to finished products, to ensure purity, potency, and stability.
- **No Fillers or Unnecessary Ingredients:** Thorne adheres to a "No List" policy, avoiding fillers, additives, and common allergens.
- **US Manufacturing:** Products are manufactured in a state-of-the-art facility in Summerville, South Carolina, utilizing global ingredients and operating under ISO Level 7 clean room standards.
- **Clinically Researched Formulations:** Formulas are developed by medical experts based on clinically researched and sustainably sourced ingredients.
- **Strict Ingredient Control:** A stringent control system ensures every ingredient is quarantined and tested for identification, concentration, and purity before use.



Image 5: An infographic illustrating Thorne's four-stage testing process for supplements, covering raw materials, in-process, finished product, and stability testing.

8. SPECIFICATIONS

Attribute	Detail
-----------	--------

Attribute	Detail
Product Dimensions	2.09 x 2.09 x 3.72 inches
Item Weight	1.41 ounces
Item Model Number	B106
Manufacturer	Thorne Research
Item Form	Capsule
Primary Supplement Type	B-Complex
Diet Type	Gluten Free
Flavor	Unflavored
Age Range Description	Adult
Specific Uses For Product	Brain
Number of Items	1 (60 Count)
Container Type	Bottle
Dosage Form	Capsule
Allergen Information	Dairy Free, Fish Free, Shellfish Free, Soy Free

9. TROUBLESHOOTING

This section is currently not available. For specific concerns or unexpected reactions, please consult a healthcare professional.

10. WARRANTY AND SUPPORT

Specific warranty and support information for this product is not provided in the available data. For customer service or product inquiries, please refer to the manufacturer's official website or contact your retailer.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question