

B Complex Methylated

Supplement

Serving Size: 1 capsule

Serving Per Container 28

Ingredient
Vitamin B1 (as Benfotiamine)
Riboflavin (as Vitamin B2, Riboflavin-5'-Phosphate)
Vitamin B3 (as Niacinamide[65mg NE], Nicotinic Acid [15mg NE])
Vitamin B6 (as Pyridoxal-5'-Phosphate Monohydrate)
Folate (as 5-Methyltetrahydrofolate Calcium)
Vitamin B12 (as Methylcobalamin)
Biotin
Pantothenic Acid (as D-Calcium Pantothenate)

Other Ingredients: Veggie capsule (Hypromellose), Rice Powder, Microcrystalline Cellulose

Contains No: Soy, Fish/Shellfish, Nuts, Eggs, Milk, Sesame

Suggested Use: Take 1 capsule once daily as a dietary supplement with food or as directed.

CAUTION: Keep out of reach of children. If you are pregnant or nursing, consult your healthcare provider before use.



ent Facts

AM Packet		PM Packet	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
25mg	2083%	—	—
20mg	1538%	—	—
75mg	469%	—	—
10mg	588%	—	—
400mcg DFE	100%	—	—
500mcg	20833%	—	—
300mcg	1000%	—	—
50mg	1000%	—	—

ine Cellulose, L-leucine

as directed by a healthcare professional

t your physician before taking this product.