

Manufactured in the USA by:  
**Douglas Laboratories**  
600 Boyce Road  
Pittsburgh, PA 15205 USA  
[www.douglaslabs.com](http://www.douglaslabs.com)  
1.800.245.4440

**Suggested Usage:** As a dietary supplement, adults take 1 capsule daily or as directed by your healthcare professional.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

KEEP OUT OF REACH OF CHILDREN.  
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #200765

# B-Complex with Metafolin® and Intrinsic Factor

A Dietary Supplement



60 Vegetarian Capsules

## Supplement Facts

Serving Size 1 Vegetarian Capsule

Servings Per Container 60

| Amount Per Serving                                  | %DV    |
|-----------------------------------------------------|--------|
| Thiamine (Vitamin B-1, as Thiamine HCl).....50 mg   | 3,333% |
| Riboflavin.....20 mg                                | 1,176% |
| (Vitamin B-2, Riboflavin-5-Phosphate)               |        |
| Niacin (Vitamin B-3, as Niacinamide) .....50 mg     | 250%   |
| Vitamin B-6 (as Pyridoxal-5-Phosphate).....20 mg    | 1,000% |
| Folate (as L-methylfolate, Metafolin®) .....400 mcg | 100%   |
| Vitamin B-12 (as methylcobalamin) .....500 mcg      | 8,333% |
| Biotin .....300 mcg                                 | 100%   |
| Pantothenic Acid.....50 mg                          | 500%   |
| (Vitamin B-5, as d-calcium pantothenate)            |        |
| Intrinsic Factor (from porcine) .....20 mg          | *      |

\*Daily Value not established

Other ingredients: Cellulose and vegetable stearate