

TABLET SIZE



Made in the USA
CODE 0405

V4

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle. Natural color variations may occur in this product.

*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.

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily, in divided doses, with meals.

B-Complex Vitamins are needed by the body for energy production, synthesis of hormones and blood cells, healthy nervous system function, and numerous other metabolic processes. The forms of the B-Vitamins found in foods and most supplements, however, are not readily utilized by the body. They require conversion into their active forms before they can perform their functions as cofactors in biochemical reactions. NOW® Co-Enzyme B-Complex has B-Vitamins already in their active or "Coenzyme" forms. This enables the body to use them more quickly and efficiently because, once absorbed, they are transported directly to their site of action, requiring no conversion. NOW® Co-Enzyme B-Complex tablets are enteric coated to enhance bioavailability and delivery to intestinal absorption sites intact, unharmed by stomach acids.*



Co-Enzyme B-Complex

NUTRITIONAL HEALTH

With Alpha Lipoic Acid and CoQ10

- Supports Healthy Nervous System
- Superior Utilization*

**ENTERIC
COATED**

60 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 2 Tablets Servings Per Container 30

	Amount Per Serving	%Daily Value
Vitamin C (from Magnesium Ascorbate)	60 mg	100%
Thiamin (Vit. B-1) (from Thiamin HCl and Cocarboxylase)	50 mg	3333%
Riboflavin (as Riboflavin and from Riboflavin-5-Phosphate Sodium)	50 mg	2941%
Niacin (Vit. B-3) (from Inositol Hexanicotinate and NAD Trihydrate)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl and P-5-P Monohydrate)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin and Dibenzoyl)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vit. B-5) (from Cal. Pantothenate and Pantethine)	50 mg	500%
Betaine	50 mg	†
Alpha Lipoic Acid	50 mg	†
Choline (from Choline Bitartrate)	25 mg	†
PABA (Para-aminobenzoic Acid)	25 mg	†
Inositol (from Inositol Hexanicotinate and Hexaphosphate)	30 mg	†
CoQ10 (Coenzyme Q10)	500 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Cellulose, Enteric Coating, Silica, Magnesium Stearate (vegetable source) and Croscarmellose Sodium.

Manufactured by NOW FOODS
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For more product information visit www.nowfoods.com/0405

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Store in a cool, dry place after opening. Please Recycle.