

06K11L



Directions: Adults take one (1) to two (2) capsules daily, preferably one (1) hour before, or two (2) hours after a meal. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 capsules
Servings Per Container 15

Amount Per Serving	% Daily Value
Thiamin (vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase)	50 mg 3,333%
Riboflavin (vitamin B2)(as riboflavin, riboflavin 5' phosphate)	50 mg 2,941%
Niacin (as inositol hexaniacinate)	100 mg 500%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal, 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	80 mg 4,000%
Folic Acid	800 mcg 200%
Vitamin B12 (as dibenzozide, methylcobalamin)	500 mcg 8,333%
Biotin (as d-Biotin)	200 mcg 67%
Pantothenic Acid (as pantothenine, d-calcium pantothenate)	50 mg 500%
Inositol Hexaniacinate providing: Inositol	130 mg *
Soy Lecithin providing: Phosphatidylcholine	26 mg *
PABA (para-aminobenzoic acid)	100 mg *
alpha-Lipoic Acid	40 mg *
	50 mg *
	100 mcg

**Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, silica. Contains soy.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, wheat, gluten, milk, sugar, or artificial color.

** 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.

Do not accept if seal is broken. Product No. 6417
Store between 59°-86° F.

Keep out of the reach of children.

Manufactured by Country Life, LLC
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Hauppauge, NY 11788
CountryLifeVitamins.com

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This product has been manufactured at an NSF GMP Registered facility.



B VITAMINS

COENZYME B-COMPLEX CAPS

Cellular Active**

Gluten-Free
Dietary Supplement
Vegetarian Capsules

