

Do not accept if seal is broken. Product No. 6426  
Store between 59°-86° F. Keep out of the reach of children.

A B-Complex providing essential nutrients and coenzymes.

**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, corn, wheat, soy, gluten, milk, sugar, or artificial color.



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# B VITAMINS HI-POTENCY MAXI B-CAPS

With Taurine and Coenzymated  
B Vitamins  
Vegetarian Capsules  
Dietary Supplement



**Directions:** Adults take one (1) capsule daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

## Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Thiamin (vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase)	25 mg 1,667%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	25 mg 1,471%
Niacin (as niacinamide, niacin)	50 mg 250%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxine <i>alpha</i> -ketoglutarate, pyridoxal 5' phosphate)	63.75 mg 3,188%
Folic Acid	800 mcg 200%
Vitamin B12 (as dibenzozide)	500 mcg 8,333%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate, pantethine)	200 mg 2,000%
Inositol	100 mg *
Taurine (free form)	100 mg *
Choline (from 100 mg choline bitartrate)	46 mg *
PABA ( <i>para</i> -aminobenzoic acid)	25 mg *

\* Daily Value not established.

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

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