

SUGGESTED USE: Take 1 capsule daily with or without food or as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, artificial colors, or artificial flavors.

B Complex Plus Meets or Exceeds cGMP Quality Standards.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:

Seeking Health
3140 Mercer Ave
Bellingham, WA 98225
(800) 547-9812



P H Y S I C I A N F O R M U L A T E D



Seeking Health® B Complex Plus

Dietary Supplement

100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 100

	Amount Per Serving	%DV
Thiamin (as thiamine hydrochloride)	25 mg	2,083%
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1,538%
Niacin (79% as inositol hexanicotinate and 21% as niacin)	95 mg	594%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,176%
Folate (50% as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt, and 50% as calcium folinate)	400 mcg DFE	100%
Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)	50 mcg	2,083%
Biotin	750 mcg	2,500%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	2,500%
Choline (as choline bitartrate)	50 mg	9%
Shilajit Extract (Asphaltum punjabinum) (mineral extract)(50% fulvic acid)	10 mg	*

* % DV (Daily Value) Not Established.

Other Ingredients: HPMC (capsule), ascorbyl palmitate, medium-chain triglyceride oil, and silica.

REV. 101916 ZCL-SKGHEALTH-023-02 This package is completely recyclable ♻️