

**SUGGESTED USE:** 1 or more capsules per day or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, corn, yeast, artificial colors and flavors. If you are pregnant or nursing, consult your physician before taking this product. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer logoed neck seal or inner-seal is missing or damaged.



Product #360060  
Label ID L-OMP100-360060-C



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**DO NOT ACCEPT IF LABEL SHOWS SIGNS OF TAMPERING**



# Methyl B Complex



**ESSENTIAL VITAMINS**

60 Capsules  
**Dietary Supplement**

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

1 capsule contains	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	50 mg	3,333%
Riboflavin (Vitamin B2 USP)	50 mg	2,841%
Niacin (as Niacinamide USP)	50 mg	250%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,500%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%
Biotin	75 mcg	25%
Pantothenic Acid (as d-Calcium Pantothenate USP)	50 mg	500%
Choline Bitartrate	50 mg	*
Inositol NF	50 mg	*

\* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, and Silicon Dioxide.

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LEARN MORE ABOUT US AT [OrthoMolecularProducts.com](http://OrthoMolecularProducts.com)

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**Professional Strength: Not for sale through Amazon.com**