



Swanson

U L T R A®

The Most Advanced Nutrition Technology

VEG CAPS

High Potency Activated B-Complex

High Bioavailability Formula

Vitamin Supplement

60 VEGGIE CAPSULES



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one veggie capsule per day with water.

Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Thiamin (vitamin B-1) (as benfotiamine)	54.4 mg	3,627%
Riboflavin (as riboflavin 5'-phosphate)	50 mg	2,941%
Niacin (as inositol hexanicotinate)	100 mg	500%
Vitamin B-6 (as pyridoxal 5-phosphate)	50 mg	2,500%
Folate (as Quatrefolic® [6S]-5-Methyltetrahydrofolic acid equivalent to 1.6 mg of [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	800 mcg	200%
Vitamin B-12 (as methylcobalamin)	500 mcg	8,333%
Biotin	50 mcg	17%
Choline (as choline dihydrogen citrate)	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Pantethine (coenzyme A precursor) (from Pantesin® 55% pantethine)	50 mg	*
Inositol (from inositol hexanicotinate)	25 mg	*

*Daily Value not established.

Other ingredients: Cellulose (vegetable capsule), may contain one or more of the following: microcrystalline cellulose (plant fiber), magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

Pantesin® is a registered trademark of Daiichi Pharmaceutical Co., Ltd.
Quatrefolic® is a registered trademark of Gnosis S.p.A. Corporation.



0 87614 02533 9

SWU533
9