

**Recommended Adult Dose:** Take one capsule daily or as recommended by your healthcare practitioner. **Guaranteed** to contain no added wheat, yeast, gluten, soy, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place. V1.0 **166**

BARCODE LOCATION  
883196 13121



GENESTRA BRANDS

# ACTIVE B Complex

VITAMIN SUPPLEMENT

**60** Vegetable Capsules

## Supplement Facts

Serving Size 1 Capsule  
Servings per Container 60

| Each Capsule Contains                                    |         | % DV  |
|----------------------------------------------------------|---------|-------|
| Thiamin (thiamin hydrochloride / thiamin diphosphate)    | 50 mg   | 3333% |
| Riboflavin (riboflavin 5-phosphate sodium)               | 25 mg   | 1471% |
| Niacin (niacinamide)                                     | 100 mg  | 500%  |
| Vitamin B <sub>6</sub> (pyridoxal 5-phosphate)           | 25 mg   | 1250% |
| Folate (calcium L-5-methyltetrahydrofolate, Metafolin®†) | 400 mcg | 100%  |
| Vitamin B <sub>12</sub> (methylcobalamin)                | 400 mcg | 6667% |
| Biotin                                                   | 300 mcg | 100%  |
| Pantothenic Acid (calcium d-pantothenate)                | 110 mg  | 1100% |
| Choline (choline bitartrate)                             | 25 mg   | *     |
| Inositol                                                 | 25 mg   | *     |

\* Daily Value (DV) not established

Other Ingredients: Hypromellose, cellulose, silica, ascorbyl palmitate

† Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

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