



Swanson

U L T R A[®]

The Most Advanced Nutrition Technology

VEG CAPS

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 one to two times per day with water.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Thiamin (vitamin B-1)	25 mg 2,083% (as benfotiamine)
Riboflavin (as riboflavin 5'-phosphate) ..	25 mg 1,923%
Niacin (as inositol hexanicotinate) ...	50 mg NE 313%
Vitamin B-6 (as pyridoxal 5-phosphate) ..	25 mg 1,471%
Folate (as Quatrefolic [®] [6S]) [*]	400 mcg DFE 100%
5-Methyltetrahydrofolic acid equivalent to 800 mcg of [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	
Vitamin B-12 (as methylcobalamin) ..	250 mcg 10,417%
Biotin	25 mcg 83%
Choline (as choline dihydrogen citrate) ..	25 mg 5%
PABA (para-aminobenzoic acid)	25 mg *
Pantethine (coenzyme A precursor)	25 mg *
(from Pantestin [®] 55% pantethine)	
Inositol (from inositol hexanicotinate) ..	12.5 mg *

^{*}Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), cellulose (vegetable capsule), may contain one or both of the following: 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

Pantestin[®] is a registered trademark of Daiichi Pharmaceutical Co., Ltd.

Quatrefolic[®] is a registered trademark of Gnosis S.p.A. Corporation.



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