



Supplement Facts
Serving Size: 1 Capsule

Amount Per Serving	% Daily Value**	
Thiamine (Vitamin B-1) (as Thiamine HCl, Benfotiamine)	100 mg	6,667 %
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	25 mg	1,471 %
Niacin (Vitamin B-3) (as Niacinamide)	75 mg	375 %
Pyridoxine (Vitamin B-6) (as Pyridoxal-5-Phosphate)	25 mg	1,250 %
Folate (as Quatrefolic® [6S]-5-Methyltetrahydro-folic acid equivalent to 800 mcg of [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	400 mcg	100 %
Vitamin B-12 (as Methylcobalamin)	400 mcg	6,667 %
Biotin	300 mcg	100 %
Pantothenic acid (Vitamin B-5) (as D-calcium pantothenate)	100 mg	1,000 %
Choline bitartrate	50 mg	†
PABA (<i>para</i> -aminobenzoic acid)	25 mg	†

† Daily Value not established

** Daily Values are based on a 2,000 calorie per day diet

Other Ingredients: vegetable cellulose (capsule), rice flour and L-leucine

SUGGESTED USE: Take 1 vegetarian capsule as a dietary supplement, preferably with a meal, or as directed by a qualified health care professional.

B-Complex

Active Essentials

with Quatrefolic®

DIETARY SUPPLEMENT
60 Vegetarian Capsules
GLUTEN FREE / VEGETARIAN



FREE OF: milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, sugar, artificial sweeteners, colors, flavors, and preservatives. Free of ingredients derived from GMOs.

CAUTION: If pregnant, nursing, or taking any medications, consult doctor before use. Discontinue use and consult doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place and avoid excessive heat.

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

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

PROD. NO. P1040-60

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