

**swanson.com**  
or call 1-800-437-4148

- Promotes nervous system, immune and cardiovascular health
- Supports neurotransmitter production for a positive mood

**Science-Backed Quality Since 1969**

**Suggested use:** As a dietary supplement, take one veggie capsule per day with water.

**Pantesin®** is a registered trademark of Daiichi Pharmaceutical Co., Ltd.

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

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or if you have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# Activated B-Complex

Energy and Metabolism

**HIGH POTENCY AND BIOAVAILABILITY**

VITAMIN SUPPLEMENT | **60 VEGGIE CAPSULES**

## Supplement Facts

Serving Size 1 Veggie Capsule

| Amount Per Serving                                                                                                                              | % Daily Value |         |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------|
| Thiamin (vitamin B-1)<br>(as benfotiamine)                                                                                                      | 54.4 mg       | 4,533%  |
| Riboflavin (as riboflavin 5'-phosphate)                                                                                                         | 50 mg         | 3,846%  |
| Niacin<br>(as inositol hexanicotinate)                                                                                                          | 100 mg NE     | 625%    |
| Vitamin B-6<br>(as pyridoxal 5-phosphate)                                                                                                       | 50 mg         | 2,941%  |
| Folate (as Quatrefolic®<br>[6S]-5-Methyltetrahydrofolic acid equivalent to<br>1.6 mg of [6S]-5-Methyltetrahydrofolic acid,<br>glucosamine salt) | 800 mcg DFE   | 200%    |
| Vitamin B-12 (as methylcobalamin)                                                                                                               | 500 mcg       | 20,833% |
| Biotin                                                                                                                                          | 50 mcg        | 167%    |
| Choline (as choline dihydrogen citrate)                                                                                                         | 50 mg         | 9%      |
| PABA (para-aminobenzoic acid)                                                                                                                   | 50 mg         | *       |
| Pantethine (coenzyme A precursor)<br>(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**  
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