

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 one to two times 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 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.

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Activated B-Complex

Energy and Metabolism

HIGH BIOAVAILABILITY

VITAMIN SUPPLEMENT | 60 VEGGIE CAPS

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.....50 mg NE	313% (as inositol hexanicotinate)
Vitamin B-6 (as pyridoxal 5-phosphate)..25 mg	1,471%
Folate (as Quatrefolic®).....400 mcg DFE	100% [6S]-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.....25 mg	5% (as choline dihydrogen citrate)
PABA (para-aminobenzoic acid).....25 mg	*
Pantethine (coenzyme A.....25 mg	*
precursor) (from Pantesin® 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.

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