



SUGGESTED USE: As a dietary supplement, adults take one capsule once daily with water, or as recommended by your health care practitioner.*

Consult your health care practitioners prior to use and inform your pharmacist of all dietary supplements you are taking.

The Trusted Name in Natural Health Products

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Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving		%DV
Thiamin (as Thiamin Monohydrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as Inositol Hexanicotinate)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid	50 mg	500%
Choline (as Choline Bitartrate)	50 mg	†
Inositol	50 mg	†
PABA (Para-Aminobenzoic Acid)	50 mg	†

† Daily Value (DV) not established.

DOES NOT CONTAIN: Milk, Eggs, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, or Soybeans.

*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.

OTHER INGREDIENTS: Vegetable Capsule (HPMC [Cellulose], Water) and Stearic Acid (Vegetable Source), Silicon Dioxide and Cellulose.