

Doctor's Best Fully Active B Complex contains all eight important B Vitamins, a full spectrum designed for optimal absorption and utilization to support overall health and well-being. Water-soluble B vitamins play important roles in cell metabolism, supporting DNA, organs, genes, cells, tissues, skin health, immune system, enzyme functions and energy production.*

Quatrefolic® is the glucosamine salt of (6S)-5-methyltetrahydrofolate, the most bioavailable form of folate, that provides greater stability and water solubility.* Folate is an essential vitamin to support DNA, proper cell division, cardiovascular, mental and emotional well-being.*

Helps support energy production*

Helps support body metabolism and new cells*

Helps support DNA, the body's genetic blueprint*

Full spectrum B vitamins help support health and well-being*

*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.

Manufactured for **Doctor's Best, Inc.**
California, 92612 USA

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YDRB501

**Dietary
Supplement**

Doctor's
BEST®

**Science-Based
Nutrition™**

**Fully
Active
B Complex**
with
Quatrefolic®

**HELPS SUPPORT ENERGY PRODUCTION
AND CELL METABOLISM***

Vegan™

60 Veggie Caps

Supplement Facts

Serving Size 1 Veggie Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	40 mg	45%
Vitamin B1 (from thiamin HCl)	60 mg	5000%
Vitamin B2 (from riboflavin and riboflavin-5-phosphate)	75 mg	5770%
Vitamin B3 (as niacinamide and niacin)	50 mg	310%
Vitamin B6 (from pyridoxine HCl and pyridoxal-5-phosphate)	50 mg	2940%
Folate (from Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	400 mcg DFE**	100%
Vitamin B12 (as methylcobalamin)	1000 mcg	41670%
Biotin	600 mcg	2000%
Pantothenic Acid (from d-calcium pantothenate)	100 mg	2000%

** DFE = Dietary Folate Equivalent

Other Ingredients: Modified cellulose (vegetarian capsule), microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 1 capsule daily with food, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.

Quatrefolic® is a registered trademark of Gnosis SPA.