

SUGGESTED USE: Take 1 capsule daily with or without food or as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, artificial colors, or artificial flavors.

B-Minus Meets or Exceeds cGMP Quality Standards.



P H Y S I C I A N F O R M U L A T E D



SeekingHealth®

B-Minus

B12 and Folate Free

Dietary Supplement

100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 100

	Amount Per Serving	%Daily Value
Thiamin (as thiamine hydrochloride)	25 mg	2,083%
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1,538%
Niacin (50% as inositol hexanicotinate and 50% as niacin)	50 mg	313%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,176%
Biotin	500 mcg	1,667%
Pantothenic Acid (as d-calcium pantothenate)	150 mg	3,000%

Other Ingredients: HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, L-leucine, medium-chain triglyceride oil, and silica.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:

Seeking Health, LLC

3140 Mercer Ave

Bellingham, WA 98225

(800) 547-9812

REV. 032818

ZCL-SKGHEALTH-BMINUS-04

This package is completely recyclable ♻️