

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 capsule per day, or as directed by
your healthcare professional.

Warning

If pregnant, consult your physician
before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE,
BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†],
EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Metafolin® is a registered trademark
of Merck KGaA, Darmstadt, Germany

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net


VITAL
NUTRIENTS

B-Complex

DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

Supplement Facts

serving size: 1 veg capsule • servings per container: 60

	amount per serving	% daily value
Thiamin (as thiamine HCl)	100mg	8333%
Riboflavin	25mg	1923%
Vitamin B6 (as pyridoxine HCl)	25mg	1471%
Folate (as L-5-MTHF) Metafolin®	680mcg DFE	170%
Vitamin B12 (as methylcobalamin)	500mcg	20833%
Biotin	400mcg	1333%
Pantothenic Acid (as calcium pantothenate)	200mg	4000%
Riboflavin 5' Phosphate	10mg	*
Pyridoxal 5' phosphate	15mg	*
Niacinamide	75mg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule,
Magnesium Silicate, Ascorbyl Palmitate, Silica, and
Leucine.

manufactured by
VITAL NUTRIENTS
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