

Warning: Do not take if you are pregnant or nursing. If you are taking prescription drugs, consult your healthcare professional prior to use.

For more information, please visit integrativepro.com.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

Contains no wheat, gluten, soy, dairy products, ingredients of animal origin, or artificial colors, flavors, or preservatives.

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

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◆ LZ10032.B03 BLK7024B



THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



ACTIVE B-COMPLEX

WITH QUATREFOLIC® BRAND
METHYLFOLATE

60 VEG CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules

Servings per Container 30

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Thiamin (Vitamin B1)	50 mg	4,167%
Riboflavin (as riboflavin-5'-phosphate and Vitamin B2)	50 mg	3,846%
Niacin (as inositol hexaniacinate)	100 mg	625%
Vitamin B6 (as pyridoxal-5'-phosphate and pyridoxine HCl)	50 mg	2,941%
Folate (837 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Biotin	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	250 mg	45%
Inositol	250 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: vegetable capsule (hydroxypropyl methylcellulose), cellulose, calcium laurate, silicon dioxide

Recommendation: Adults take 1 or 2 capsules daily, or as recommended by your healthcare professional.