

Directions: Adults: Take one (1) caplet with the morning meal and a second caplet with the evening meal for around-the-clock B-Complex with Choline protection.

Free of: milk, egg, fish, shellfish, tree nuts, wheat, peanuts and soybeans. **NON-GMO, GLUTEN FREE, SOY FREE**

Caution: Before using any dietary supplement, pregnant or lactating women should consult with a physician or health professional.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

Keep bottle tightly closed. Store between 15°-30°C (59°-86°F).

***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.**

To report a serious adverse event or to obtain product information contact 1-866-319-6299.

Health Thru Nutrition® is a registered trademark of EPIC.

Quantum-B™ is a trademark of EPIC.

Manufactured in a cGMP Certified U.S.A. Facility.

Manufactured for: Health Thru Nutrition

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1-866-319-6299 | www.healththrunutrition.org

HTN0111 R0318



HEALTH THRU NUTRITION®

Naturally



Quantum-B™

Complete B Complex
with 100% Choline

Gluten Free

Around-the-Clock Release†

60
Caplets

Dietary Supplement



100% RDA
of 8 B-Vitamins

**NON
GMO**

**GLUTEN
FREE**

Supplement Facts

Serving Size: 2 Caplets

Servings Per Container 30

	Amount Per Serving	% Daily Value*
Vitamin B ₁ (as thiamine mononitrate)	30 mg	2500%
Vitamin B ₂ (as riboflavin)	34 mg	2615%
Vitamin B ₃ (as niacinamide)	50 mg	313%
Vitamin B ₆ (as pyridoxine HCl)	20 mg	1176%
Folate (800 mcg folic acid)	1333 mcg DFE	333%
Vitamin B ₁₂ (as cyanocobalamin)	250 mcg	10,417%
Biotin	300 mcg	1000%
Vitamin B ₅ (as calcium d-pantothenate)	50 mg	1000%
Choline (as 1350 mg bitartrate)	550 mg	100%

*Percent of Daily Value for Adults and Children 4 or more years of age.

Other Ingredients: Hypromellose, microcrystalline cellulose, maltodextrin, dicalcium phosphate, pharmaceutical glaze, mono & diglycerides, silicon dioxide, non-GMO vegetable magnesium stearate, talc, ethyl vanillin, guar gum and partially hydrogenated vegetable oil.