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

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING

eep bottle tightly closed. Store between 15°-30°C (59°-81 This statement has not been evaluated by the Food and Orag Administration. This product is not intended to

diagnose, treat, cure or prevent any disease. report a serious adverse event or to obtain product

Information contact 1-866-319-6299. Health Thru Nutrition® is a registered trademark of EPIC.

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Quantum-B™ Complete B Complex

with 100% Choline



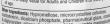
Around-the-Clock Release[†]







NON GMO



Supplement Facts Servings Per Container 30

	Amount Per Serving	% Da Value
flamin B ₁ (as thiamine mononitrate)	30 mg	2500
litamin B ₂ (as riboflavin)	34 mg	2615

Serving Size: 2 Caplets

Vitamin Be (as pyridoxine HCI)	20 mg	117
ruale	1333 mcg DFE (800 mcg folic ac	id)
Vitamin B ₁₂ (as cyanocobalamin)	250 mg	10,41
	300 mcq	100
Viamin B ₅ (as calcium d-pantothenate)	50 mg	1000
(as 1350 mg bitartrate)	550 mg	100
Percent of Daily Value for Adulta	LOUISIAN AND	none year

& diglycerides, silicon dioxide, non-GMO vegetable magn starate, taic, ethyl vanillin, guar gum and partially hydrog