



ANCIENT NUTRIENTS

B-Complex

8 Balanced B-Vitamins
Ancient Superfoods
Adaptogenic Herbs
Astragalus Extract



WHOLE FOOD DIETARY SUPPLEMENT
60 CAPSULES

Suggested Use: Adults take 2 capsules per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Thiamin*	5.2 mg	433%
Riboflavin (as riboflavin-5 phosphate)	13.1 mg	1008%
Niacin (as niacinamide*)	12 mg	75%
Vitamin B6 (as pyridoxine-5 phosphate)	63 mg	3706%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	900 mcg DFE	225%
Vitamin B12 (as methylcobalamin)	20 mcg	833%
Biotin*	300 mcg	1000%
Pantothenic acid*	15 mg	300%

Ancient Nutrients TCM Blend

+
Bovine Liver, Beef Bone Broth, Chicken Bone Broth, Organic Astragalus Root Extract, Organic Fo-Ti Root Extract, Organic Green Tea Leaf Extract, Organic Schisandra Berry Extract, Organic Reishi Mushroom Extract, Wild Hake Roe

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, gelatin.

CONTAINS: Hake. *Probiotic Fermented Nutrient

(6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**
Do not use if product has been opened or tampered with in any way.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

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Manufactured for:



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