

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 1 capsule daily or as directed by your health professional.

Warning: If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement.

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

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place.

Use only if safety seal is intact.

Gluten Free, Non-GMO

†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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #200765 V2

B-Complex

with Metafolin®
and Intrinsic Factor

Dietary Supplement

Energy metabolism and
neurological health†



60 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Servings Per Container 60

	Amount Per Serving	%DV
Thiamine (vitamin B ₁ , as thiamine HCl)	50 mg	4,167%
Riboflavin	20 mg	1,538%
(vitamin B ₂ , as riboflavin-5-phosphate)		
Niacin (vitamin B ₃ , as niacinamide)	50 mg	313%
Vitamin B ₆ (as pyridoxal-5-phosphate)	20 mg	1,176%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE	167%
(400 mcg L-5-MTHF)		
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	300 mcg	1,000%
Pantothenic Acid	50 mg	1,000%
(vitamin B ₅ , as d-calcium pantothenate)		
Intrinsic Factor (from porcine)	20 mg	*

*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and vegetable stearate



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