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BioActive Complete B-Complex



GLUTEN FREE



Contains Enzymatically
Active B-Vitamins

L01945E

60 VEGETARIAN CAPSULES | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving		% Daily Value
Thiamine (vitamin B1) (as thiamine HCl)	100 mg	8333%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	75 mg	5769%
Niacin (as niacinamide and niacin)	100 mg*	625%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	100 mg	5882%
Folate (as L-5-methyltetrahydrofolate calcium salt)	680 mcg°	170%
Vitamin B12 (as methylcobalamin)	300 mcg	12500%
Biotin	1000 mcg	3333%
Pantothenic acid (as D-calcium pantothenate)	500 mg	10000%
Calcium (as D-calcium pantothenate, dicalcium phosphate)	90 mg	7%
Inositol	100 mg	**
PABA (para-aminobenzoic acid)	50 mg	**

**Daily Value not established.

*NE (niacin equivalents). °DFE (dietary folate equivalents).

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, stearic acid, purified water, silica.

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take two (2) capsules daily with food, or as recommended by a healthcare practitioner.

CAUTION: Temporary flushing, itching, rash, or gastric disturbances may occur.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Manufactured for:

Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

