

**SUGGESTED USE:** Adults, as a dietary supplement, take two (2) capsules daily.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

Dr. Mercola has been providing quality products since 2001.

**DR. MERCOLA®**

# VITAMIN B COMPLEX

WITH  
**BENFOTIAMINE**

Dietary Supplement

180 Capsules

Formula # 202301-180 / 84093832  
10270-v100



## Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 90

|                                                                          | Amount Per Serving                             | %DV   |
|--------------------------------------------------------------------------|------------------------------------------------|-------|
| Thiamin (Vitamin B <sub>1</sub> )                                        | 1.5 mg                                         | 125%  |
| Riboflavin (Vitamin B <sub>2</sub> )                                     | 1.7 mg                                         | 131%  |
| Niacin (Vitamin B <sub>3</sub> )                                         | 20 mg                                          | 125%  |
| Vitamin B <sub>6</sub> (as Pyridoxine)                                   | 2 mg                                           | 118%  |
| Folate (Vitamin B <sub>9</sub> )                                         | 665 mcg DFE<br>(Folic Acid equivalent 400 mcg) | 166%  |
| Vitamin B <sub>12</sub> (as Cobalamin)                                   | 6 mcg                                          | 250%  |
| Biotin                                                                   | 300 mcg                                        | 1000% |
| Pantothenic Acid (Vitamin B <sub>5</sub> )                               | 10 mg                                          | 200%  |
| Organic B Complex Vitamins <sup>^</sup><br>(from Organic Quinoa Sprouts) | 1,000 mg                                       | *     |
| Benfotiamine                                                             | 150 mg                                         | *     |

\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Capsule (Hydroxypropyl Methylcellulose), Microcrystalline Cellulose, Ascorbyl Palmitate, Silicon Dioxide.

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral FL 33991 USA (877) 985-2696

PANMOL®

<sup>^</sup>PANMOL® is a registered trademark of vis vitalis gmbh.