

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.

Formula # 202301-60 / 84093832

10219-v200



DR. MERCOLA®

VITAMIN B COMPLEX

WITH
BENFOTIAMINE

Dietary Supplement

60 Capsules

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Thiamin (Vitamin B ₁)	1.5 mg	125%
Riboflavin (Vitamin B ₂)	1.7 mg	131%
Niacin (Vitamin B ₃)	20 mg	125%
Vitamin B ₆ (as Pyridoxine)	2 mg	118%
Folate (Vitamin B ₉)	665 mcg DFE (Folic Acid equivalent 400 mcg)	166%
Vitamin B ₁₂ (as Cobalamin)	6 mcg	250%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B ₅)	10 mg	200%
Organic B Complex Vitamins [^] (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®

[^]PANMOL® is a registered trademark of vis vitalis gmbh.