

SUGGESTED USE: Take 1 capsule with or without food or as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy protein, GMO, gluten, or preservatives.

B Complex Plus Meets or Exceeds cGMP Quality Standards.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

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PHYSICIAN FORMULATED



Seeking Health® B Complex Plus

Dietary Supplement

100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 100

	Amount Per Serving	%Daily Value
Thiamin (as thiamine hydrochloride)	25 mg	1,667%
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1,176%
Niacin (as inositol hexanicotinate and niacin)	95 mg	475%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,000%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt, and calcium folinate)	400 mcg	100%
Vitamin B12 (as methylcobalamin and adenosylcobalamin)	50 mcg	833%
Biotin	750 mcg	250%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	1,250%
Choline (as choline bitartrate)	50 mg	*
Shilajit Extract (<i>Asphaltum punjabinum</i>) (mineral extract)(50% fulvic acid)	10 mg	*

* % Daily Value Not Established.

Other Ingredients: HPMC (capsule), ascorbyl palmitate, medium-chain triglyceride oil, and silica.

REV. 042915 ZCL-SKGHEALTH-023-02

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