

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.

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



Scan to learn about our hypoallergenic supplements



Use only if safety seal is intact.

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

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



Ultra B-Complex w/PQQ

With Metafolin® L-5-MTHF;
Enhanced B-complex support for mitochondrial and nerve health†

Gluten-free, Non-GMO & Hypoallergenic

Dietary Supplement

60 CAPSULES



Supplement Facts		
Serving size 1 capsule Servings per container 60		
	Amount Per Serving	%DV
Thiamin (as thiamin HCl)	125 mg	10,417%
Riboflavin (vitamin B ₂ and 60% riboflavin 5' phosphate (activated B ₂))	12.7 mg	977%
Niacin (as niacinamide and 8% inositol hexaniacinate (no-flush niacin))	108 mg	675%
Vitamin B ₆ (as pyridoxine HCl and 7% pyridoxal 5' phosphate (activated B ₆))	96.7 mg	5,688%
Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ (as methylcobalamin and 50% adenosylcobalamin)	1,000 mcg	41,667%
Biotin	400 mcg	1,333%
Panthenic acid (as calcium pantothenate) (B ₅)	100 mg	2,000%
Alpha lipoic acid (thioctic acid)	100 mg	*
Luteolin	20 mg	*
BioPQQ® pyrroloquinoline quinone disodium salt	10 mg	*
* Daily value (DV) not established		

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate



BioPQQ® is a trademark of MGC (Japan)

†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.