

Directions: Adults take one (1) to two (2) capsules daily, preferably before or between meals. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care/lab providers.

Lot No:

Best by:

10820



Supplement Facts

Serving Size 2 capsules
Servings Per Container 15

Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamine HCl, thiamine cocarboxylase chloride)	50 mg 4,167%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5' phosphate)	50 mg 3,846%
Niacin (as inositol hexaniacinate)	100 mg 625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	50 mg 2,941%
Folate (from 1,228 mcg L-5-Methyltetrahydrofolate - calcium salt)	667 mcg DFE 167%
Vitamin B12 (as cyanocobalamin, methylcobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	200 mcg 667%
Pantothenic Acid (as calcium d-pantothenate, panthothine)	50 mg 1,000%
Choline (as choline bitartrate)	55 mg 10%
PHBA (para-aminobenzoic acid)	50 mg *
Inositol (from 130 mg inositol hexaniacinate)	27 mg *
alpha-Lipoic Acid	100 mcg *

* Daily Value not established.

Other Ingredients: Cellulose, cellulose (capsule shell), silica, rice bran extract, vegetable glaze, sunflower oil.

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

This product has been manufactured at a GMP Registered facility. Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 6417

Coenzyme B-Complex contains essential B Vitamins in its active, "coenzymated" form. This complex that you've known and loved for over 15 years includes Methylfolate – one of the most advanced forms currently available. And as always, you don't need to worry about the typical Vitamin B taste or odor. Now with choline, an essential nutrient that is needed to form acetylcholine, an important neurotransmitter.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER
YES KOSHER

NO YEAST, WHEAT OR SOY
NO MILK, SUGAR OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE



**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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