

Vegetarian • Gluten Free • Non-GMO

Free Of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule as a dietary supplement, preferably with a meal, or as directed by your health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.** Use only if safety seal is intact.

Quatrefolic® is a registered trademark of Gnosis S.p.A.

Formulated and distributed by:
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Prod. #P1040-60



B-Complex

Active Essentials with Quatrefolic®

60 Vegetable Capsules

Dietary Supplement

EXCLUSIVE PROFESSIONAL FORMULAS

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		% DV*
Vitamin B-1 (Thiamine HCl)	87.5 mg	7,292%
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	25 mg	1,923%
Niacin (Vitamin B-3) (as Niacinamide)	75 mg	469%
Pyridoxine (Vitamin B-6) (as Pyridoxal-5-Phosphate)	25 mg	1,471%
Folate (as Quatrefolic® [6S]-5-Methyltetrahydrofolic acid equivalent to 800 mcg of [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	666 mcg DFE	167%
Vitamin B-12 (as Methylcobalamin)	400 mcg	16,667%
Biotin	300 mcg	1,000%
Pantothenic acid (Vitamin B-5) (as D-calcium pantothenate)	100 mg	2,000%
Choline (from Choline bitartrate)	20 mg	4%
PABA (para-aminobenzoic acid)	25 mg	**
Benfotiamine	18 mg	**

* Daily Values are based on a 2,000 calorie diet

** Daily Value not established

Other Ingredients: vegetable cellulose, rice flour, leucine

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.