

Other ingredients: Vegan capsule, cellulose, calcium phosphate, silica, calcium stearate (vegetable source).

Manufactured for: E-NutritionStore.com
Elkridge, MD 21075 800-589-0394

SUGGESTED USE: Take 2 capsules daily with food.

Methylated B Vitamins for Enhanced Absorption & Energy Support†

Our Coenzyme Methyl B-Complex contains B vitamins in the superior "active" forms to support energy production and metabolism, as well as promote healthy skin, nerves, and adrenal glands.† B complex vitamins support healthy homocysteine levels for those already within a normal range.† Methyl B vitamins are absorbed and utilized more efficiently by the body and are most effective when taken together.† PABA is critical in folate metabolism and has been included with CoQ10 and ALA to protect and support the diverse role of B vitamins in the body.†

CONTAINS NO artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

 **Quatrefolic** • Quatrefolic® is a registered trademark of Gnosis S.P.A. Protected by U.S. Patent # 7,947,662.

^ SGS verified the process for manufacturing this product with no GMO ingredients. www.sgs.com/no-gmo

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity
To report a serious adverse event, call 1-888-710-0006

† 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.



**NUTRA
SPORT**
Sports Nutrition



Coenzyme Methyl B-Complex

Advanced Energy Support†
Superior Form of B Vitamins with 5-MTHFolate

Dietary Supplement
120 VEGAN CAPSULES

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Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Thiamine (vitamin B1) (as thiamine mononitrate, thiamine hydrochloride, thiamine cocarboxylase chloride)	50 mg	4,167%
Riboflavin (vitamin B2) (riboflavin, riboflavin 5'phosphate)	50 mg	3,846%
Niacin (vitamin B3) (as inositol hexanicotinate)	100 mg	625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5'phosphate, pyridoxine alpha ketoglutarate)	80 mg	4,706%
Folate (from Quartrefolic® 5-methyltetrahydrofolate glucosamine salt)	400 mcg DFE (240 mcg 5-MTHF)	100%
Vitamin B12 (as cobalamin, methylcobalamin)	500 mcg	20,833%
Biotin	200 mcg	667%
Pantothenic acid (as calcium pantothenate)	50 mg	1,000%
Choline (from choline bitartrate)	40 mg	7%
PABA (para-aminobenzoic acid)	50 mg	*
Inositol (from inositol hexanicotinate)	27 mg	*
Coenzyme Q10	1 mg	*
Alpha Lipoic Acid	200 mcg	*

* Daily Value not established.

KEEP OUT OF REACH OF CHILDREN.

VVL 211-120B