SUGGESTED USE: As a dietary supplement, take one (1) capsule once daily with water, or as recommended by a healthcare professional.

CAUTION: Do not exceed recommended dose Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical mndition should consult a physician before using this or any dietary supplement.

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

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING, STORE IN A COOL, DRY PLACE

Questions about our product?

We are here to help you! Email our team at support@bioschwartz.com

Manufactured for BioSchwartz LLC New York, NY 10019 +1 (855) 739-2206











+ VITAMIN C FOR ABSORPTION





- 8 Essential B-Vitamins
- Superior B-12 Absorption
- Low Carb & Vegan Support ✓ No Fillers or GMO's

Dietary Supplement

Superior Quality Guarantee More info at bioschwartz.com

Supplement Facts

Sening Size: 1 Veggie Capsule Senings Per Container: 60 Amount Per Serving

	Vitamin C (calcium ascorbate, ascorbyl	90 mg	100%
	palmitate)	0.5	
	Thiamin (thiamin HCI)	25 mg	2080%
	Riboflavin	25 mg	1920%
	Niacin (niacinamide)	80 mg NE	500%
	Vitamin B6 (pyridoxine HCI, pridoxal-5-phosphate)	20 mg	1175%
		00 mcg DFE	1000
	Vitamin B12 (methylcobalamin)		
	Biotin	100 mcg	
		300 mcg	
	Pantothenic Acid (d-calcium	100 mg	2000%

*Daily Value (DV) not established Other Ingredients: Vegetable Capsule (HPMC)

Choline (citrate)

60 Veggie Car

NO GMOs, Gluten, Wheat, Tree Nuts, Peanuts, Sugar, Preservatives or Artificial Colorants.

Label No. 19103200-000

50 mg 50 mg