

60 VegCaps
with
Benfotiamine
& 5-MTHF

METHYL B-Complex 50

DIETARY SUPPLEMENT

SOLARAY®



WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Directions: Use only as directed. Take one VegCap daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Vitamin B-1 (from Thiamine Cocarbonylase, Mononitrate)	50 mg	3,333%
Vitamin B-2 (from Riboflavin-5-Phosphate)	50 mg	2,941%
Vitamin B-3 (from Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxal-5-Phosphate, Pyridoxine HCl)	50 mg	2,500%

	Amount Per Serving	% Daily Value
Folic Acid (as Quatrefolic® (6S)-5-Methyltetrahydrofolate Glucosamine Salt, Folic Acid)	400 mcg	100%
Vitamin B-12 (from Methylcobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
Benfotiamine	50 mg	*
Choline Bitartrate	50 mg	*
PABA (Para-Aminobenzoic Acid)	50 mg	*
Inositol	50 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule, Cellulose, Silica and Magnesium Stearate.

Discussion: B-Complex vitamins are a group of important water-soluble vitamins with similar functions in the body. B-Complex vitamins help support healthy hair and skin, nerve impulse transmission, immune system function, metabolism, and red blood cell formation. The methylated form of folate and Vitamin B-12 may be more bioavailable forms for those who struggle to absorb these nutrients.

Quatrefolic® is a registered trademark of Gnosis S.p.A., Patent No. 7,947,662

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

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Comments or Questions:

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