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Best by:

Lot No:

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 and lab providers.

Supplement Facts

Serving Size 2 capsules
Servings Per Container 30

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 hexanicinate)	100 mg 625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine aspartate, pyridoxamine hydrochloride)	50 mg 2,941%
Folate (as L-5-Methyltetrahydrofolate calcium salt)	667 mcg DFE 167%
Vitamin B12 (as dibenzoyl, methylcobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	200 mcg 667%
Pantothenic Acid (as calcium d-pantothenate, panthothenol)	50 mg 1,000%
Choline (as choline bitartrate)	55 mg 10%
PABA (para-aminobenzoic acid)	50 mg *
Inositol (from 1:30 mg inositol hexanicinate)	27 mg *
alpha-Lipoic Acid	100 mg *

* Daily Value not established.

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

This product has been manufactured at a GMP Registered facility.

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.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamin.com
Product No. 6418

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 GFCD.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

NO GMOs

** 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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Life

NOW WITH
CHOLINE

COENZYME B-COMPLEX

Certified Gluten-Free

- With L-5-Methyltetrahydrofolate
- Supports energy & healthy cognitive function**
- Supports metabolism of fats and cholesterol**

Dietary
Supplement

60 Vegan
Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY