

Best by:



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.

Lot No:

Supplement Facts

Serving Size 2 capsules
Servings Per Container 15

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, pyridoxone, alpha-ketoglutarate hydrochloride)	50 mg 2,941%
Folate (as L-5-Methyltetrahydrofolate calcium salt)	667 mcg DFE 167%
Vitamin B12 (as cobalamin, methylcobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	200 mcg 667%
Pantothenic Acid (as calcium D-pantothenate, panthothen)	50 mg 1,000%
Choline (as choline bitartrate)	55 mg 10%
PABA (para-aminobenzoic acid)	50 mg *
Inositol (from 130 mg inositol hexanicinate)	27 mg *
alpha-Lipoic Acid	100 mg *

* Daily Value not established.

Other Ingredients: Cellulose, 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
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NY 11788 (USA)
CountryLifeVitamins.com
Product No. 6417

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 GFCO.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

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**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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LifeNOW WITH
CHOLINECOENZYME
B-COMPLEX

Certified Gluten-Free

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

Dietary
Supplement30 Vegan
Capsules

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