

core
Med Science

LIPOSOMAL
ACTIVE B-COMPLEX
+
MINERALS



Multivitamin with L-5-MTHF Active
Folate and Active B12

• Non-Soy

90

SOFTGELS
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 3 softgels Servings per Bottle: 30

	Per Serving	%DV
Vitamin A (as Palmitate)	2500 iu	50
Vitamin C (as Ascorbic Acid)	60 mg	100
Vitamin D ₃ (as Cholecalciferol)	1000 iu	250
Vitamin E (as D-Alpha Tocopherol and Mixed Tocopherols/Tocotrienol From Rice Bran and Palm)	30 iu	100
Vitamin K (as 50% Vitamin K ₂ , MK-7 and Vitamin K-1 (as Phytomenadione)	80 mcg	100
Vitamin B1 (as Thiamin Mononitrate)	50 mg	3333
Vitamin B2 (as Riboflavin-5-Phosphate Sodium)	50 mg	2941
Vitamin B3 (as Niacinamide and Niacin)	50 mg	250
Vitamin B6 (as Pyridoxal-5-Phosphate)	50 mg	2500
Folate (as L-5-Methyltetrahydrofolate)	400 mcg	100

OTHER INGREDIENTS: Gelatin capsule (gelatin, glycerin, purified water, caramel) yellow beeswax, MCT oil.

	Per Serving	%DV
Vitamin B12 (as Methylcobalamin)	500 mcg	8333
Biotin	300 mcg	100
Vitamin B5 as Pantothenic Acid)	50 mg	500
Iodine (as Potassium Iodide)	150 mcg	100
Zinc (as Zinc Amino Acid Chelate, Gluconate)	25 mg	167
Selenium (as L-Selenomethionine)	50 mcg	71
Manganese (as Manganese Sulfate)	1 mg	50
Chromium (as Chromium Picolinate)	120 mcg	100
Molybdenum (as Molybdenum Citrate)	15 mcg	20
Lycopene	2 mg	*
Proprietary Blend: Essential Lipid complex (from non-GMO Sunflower Oil and Sunflower Lecithin)	350 mg	*

* %DV (Daily Value) not established.