

ACTUAL SIZE

Suggested Use: As a dietary supplement, adults take one (1) vegetarian capsule daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Contains No: sugar, salt, dairy, yeast, corn, wheat, gluten, soy, preservatives, magnesium stearate, artificial colors or flavors.

Caution: As with any supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

For Serious Adverse Event Reporting Call (877) 435-3836.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for:
Vitamin Cottage Natural Food Markets, Inc.
Lakewood, CO 80228 • www.naturalgrocers.com



**NATURAL
GROCERS®**
By Vitamin Cottage

COENZYME B-COMPLEX

*Metabolism
Support**

120 VEGETARIAN CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Vegetarian Capsule

	Amount Per Serving	% Daily Value**
Vitamin B1 (Thiamine Mononitrate)	10 mg	833%
Vitamin B2 (Riboflavin-5-Phosphate)	10 mg	769%
Vitamin B3 (as Inositol HexaNicinate)	50 mg NE	313%
Vitamin B6 (as Pyridoxal-5-Phosphate)	20 mg	1176%
Folate (from Magnafolate® C (Calcium L-5-Methyltetrahydrofolate))	667 mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	400 mcg	16667%
Biotin	200 mcg	667%
Pantothenic Acid (D-Calcium Pantothenate)	95 mg	1900%
Choline (Bitartrate)	25 mg	5%
Inositol	25 mg	†

† Daily Value not established

** Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Microcrystalline cellulose, capsule (cellulose, water), silica, and rice bran.