

- GMP Manufacturing • Quality Assured • Independent Testing
- Do Not Use if Safety Seal is Broken
- Store Tightly Sealed in a Cool, Dry Place

**Discussion:** Advanced B Complex™ was designed to provide the most advanced forms of B vitamins in the most scientifically discerning ratios available. Advanced B Complex™ contains benfotiamine, a form of vitamin B1 that is more bioavailable than other forms of thiamin, as well as pyridoxal-5'-phosphate (P5P), methylcobalamin and L-5-methyltetrahydrofolate, bio-active forms of vitamin B6, B12 and folate respectively.\*

**Directions:** Take 1 capsule 1-3 times daily with food, or as directed by a qualified health care practitioner.

**Warning:** Consult your physician before use if you are pregnant, lactating, have a medical condition, or if you're taking any medication. Keep out of reach of children.

\*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.

Item# AOR08167 NY01.01



**AOR™**  
Advanced Orthomolecular Research

## Advanced B Complex™

Biologically Active Full-Spectrum  
B-Complex



Vegan



Non-GMO



Gluten Free



VEGETARIAN  
CAPSULES

ADVANCED

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container: 90

	Per Capsule		Per Day (3 Capsules)	
Amount per serving		% DV		% DV
Thiamin (Vitamin B1 as Benfotiamine)	33 mg	2,750%	100 mg	8,333%
Riboflavin (Vitamin B2 as Riboflavin-5-phosphate sodium)	2.5 mg	182%	7.5 mg	57%
Niacin (Vitamin B3)	118 mg	737%	353 mg	2,208%
Vitamin B6 (as Pyridoxal-5-phosphate)	33 mg	1,941%	100 mg	5,882%
Folate (as calcium L-5-MTHF)	555 mcg DFE* (333 mcg folic acid)	139% 40%	1,665 mcg DFE* (1,000 mcg folic acid)	40% 40%
Vitamin B12 (as Methylcobalamin)	333 mcg	13,875%	1,000 mcg	4,167%
Biotin	167 mcg	556%	500 mcg	1,667%
Pantothenic acid (Vitamin B5 as calcium D-pantothenate, Pantethine)	100 mg	2,000%	300 mg	6,000%
Choline (from Choline bitartrate)	80 mg	15%	240 mg	4%
Inositol (from Inositol, hexanicotinate)	131 mg	†	393 mg	†

† Daily Value not established.

\* Dietary Folate Equivalent

**Other Ingredients:** microcrystalline cellulose, dicalcium phosphate, capsule (hypromellose and chlorophyll) silicon dioxide, hydroxypropyl cellulose, sodium stearyl fumarate.

AOR™ guarantees that all ingredients have been declared on the label. Made without wheat, gluten, nuts, peanuts, sesame seeds, sulfites, mustard, soy, dairy, eggs, fish, shellfish or any animal byproduct.

Manufactured by AOR™ Inc. 30 Industrial West, Clifton, NJ, 07012 • Product of Canada

To report a serious adverse event or obtain product information, call 1-866-215-0460