

USAGE: Take 1 capsule per day with a meal or as directed by your qualified healthcare professional.

WARNING: This product contains vitamin B₃ (niacin), which may cause a "niacin flush," especially when taken on an empty stomach. Symptoms are transient – typically lasting for approximately one-half hour – and may include burning, tingling, and itching sensations along with reddening of the skin. In some cases, dizziness and/or shortness of breath may occur. If a severe reaction occurs, drink plenty of water and discontinue use.

NOTE: During use, advise your medical professional that you are taking Biotin before any blood tests. Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

B vitamins play an important role in the body, including energy metabolism and stress management.* B-Right® is an optimized, low-odor B-Complex formula that includes efficiently utilized forms of vitamins B₁ (thiamin), B₂ (riboflavin), B₅ (pantethine), B₆ (P-5-P), B₁₂ (methylcobalamin), and B₉ (methyl folate).*

Keep out of the reach of children. Store in a cool, dry place.

*** 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.**

NOTE: Natural capsule color variations may occur.



04221B

PROD # 101006



Lot #. Best Used Before:

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Jarrow
FORMULAS®

Low-Odor B-Complex

B-Right®

Optimized B-Complex

**Methylcobalamin B₁₂ +
Pantethine + P-5-P**

100 VEGGIE CAPS



Quatrefolic®

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% DV
Thiamin (Vitamin B ₁ as Thiamine Mononitrate)	25 mg	2,083%
Riboflavin (Vitamin B ₂)	25 mg	1,923%
Niacin (as Nicotinic Acid)	25 mg NE§	156%
Vitamin B ₆ (as Pyridoxine HCl [25 mg] and Pyridoxal 5-Phosphate [10 mg])	35 mg	2,059%
Folate (400 mcg as (6S)-5-MTHF [(6S)-5-Methyltetrahydrofolate Glucosamine Salt])	680 mcg DFE†	170%
Vitamin B ₁₂ (as Methylcobalamin)	100 mcg	4,167%
Biotin (as d-Biotin)	300 mcg	1,000%
Pantothenic Acid (Vitamin B ₅ as Calcium D-Pantothenate)	100 mg	2,000%
Choline (as Choline Bitartrate)	50 mg	9%
Pantethine (Vitamin B ₅ Derivative)	25 mg	††
Inositol	50 mg	††
†† Daily Value (DV) not established.		

Other Ingredients: Vegetarian capsule (hydroxypropylmethylcellulose, water), silicon dioxide, calcium phosphate, magnesium stearate (vegetable source), cellulose and stearic acid (vegetable source).

Distributed Exclusively by **Jarrow Formulas®**

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† Dietary Folate Equivalents. § Niacin Equivalents.

Quatrefolic® is a registered trademark of Gnosis S.p.A.
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APPROX.
FILL LINE