

swanson.com
or call 1-800-437-4148

- Promotes nervous system, immune and cardiovascular health
- Supports neurotransmitter production for a positive mood

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie capsule one to two times per day with food and water.

Pantesin® is a registered trademark of Daiichi Pharmaceutical Co., Ltd.

WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. 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.

Rev 4 03 31 20



SWANSON®

Activated B-Complex

Energy and Metabolism

HIGH BIOAVAILABILITY

VITAMIN SUPPLEMENT | 60 VEGGIE CAPS

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving	% Daily Value
Riboflavin..... 25 mg	1,923%
(from riboflavin 5'-phosphate)	
Niacin..... 50 mg NE	313%
(from inositol hexanicotinate)	
Vitamin B6..... 25 mg	1,471%
(from pyridoxal 5-phosphate)	
Folate (as calcium..... 400 mcg DFE	100%
L-5-Methyltetrahydrofolate)	
Vitamin B12 (as methylcobalamin)..... 250 mcg	10,417%
Biotin..... 25 mcg	83%
Choline..... 25 mg	5%
(from choline dihydrogen citrate)	
Benfotiamine..... 36 mg	*
(advanced thiamin derivative)	
PABA (para-aminobenzoic acid)..... 25 mg	*
Pantethine (coenzyme A..... 25 mg	*
precursor) (from Pantesin® 55% pantethine)	
Inositol (from inositol hexanicotinate) .. 12.5 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), cellulose (vegetable capsule), silica, magnesium stearate.
DISTRIBUTED BY SWANSON HEALTH PRODUCTS Fargo, ND 58104 USA

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