

Directions: Adults: Take two (2) vegecaps daily as a dietary supplement or as directed by your healthcare professional.
Free of: milk, egg, fish, shellfish, tree nuts, wheat, peanut and soybeans. **NON-GMO, GLUTEN FREE, SOY FREE**

Caution: Before using any dietary supplement, pregnant or lactating women should consult with a physician or health professional.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

Keep bottle tightly closed. Store between 15°-30°C (59°-86°F).

"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."

Health Thru Nutrition® is a registered trademark of EPC.
Manufactured in a cGMP Compliant U.S.A. Facility.
Manufactured for: Health Thru Nutrition
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HTN0111 R1120



HEALTH THRU
NUTRITION



Advanced B-Complex plus Choline

Energy, Cognition & Metabolic Support*



DIETARY
SUPPLEMENT

60

VEGECAPS

Supplement Facts

Serving Size: 2 Vegecaps

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin B ₁ (as thiamine mononitrate)	30 mg	2,500%
Vitamin B ₂ (as riboflavin)	34 mg	2,615%
Vitamin B ₃ (as niacinamide)	50 mg	313%
Vitamin B ₆ (as pyridoxine HCl)	20 mg	1,176%
Folate	1,333 mcg DFE (800 mcg folic acid)	333%
Vitamin B ₁₂ (as cyanocobalamin)	250 mcg	10,417%
Biotin	300 mcg	1,000%
Vitamin B ₉ (as calcium D-pantothenate)	50 mg	1,000%
Choline (as 1,350 mg bitartrate)	560 mg	100%

*Percent of Daily Value for Adults and Children 4 or more years of age.

Other Ingredients: Hypromellose, dicalcium phosphate, silicon dioxide, L-Leucine, rice concentrate, spearmint oil and maltodextrin.