

TABLET SIZE



Made in the USA

CODE 0405

V6

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.
Natural color variations may occur in this product.
Do Not Eat Freshness Packet. Keep In Bottle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 2 tablets daily with food.
This product is moisture sensitive. Keep tightly closed and refrigerate after opening in humid regions.

B-Complex Vitamins are needed by the body for energy production, synthesis of blood cells, healthy nervous system function, and countless other metabolic processes. The forms of the B Vitamins found in foods and most supplements however, are not readily utilized by the body and require conversion into their active forms before they can perform their functions as co-factors in biochemical reactions. NOW® Co-Enzyme B-Complex contains B Vitamins in their active or "Co-enzyme" forms and the tablets are enteric coated to deliver them to intestinal absorption sites intact, unharmed by stomach acids.*



Co-Enzyme B-Complex

NUTRITIONAL HEALTH

With Alpha Lipoic Acid and CoQ10

- Supports Healthy Nervous System
- Superior Utilization*

**ENTERIC
COATED**

60 Tablets

**A Dietary Supplement
Vegetarian/Vegan**



Supplement Facts

Serving Size 2 Tablets Servings Per Container 30

	Amount Per Serving	%Daily Value
Vitamin C (from Magnesium Ascorbate)	60 mg	100%
Thiamin (Vit. B-1) (from Thiamin HCl and Cocarboxylase)	50 mg	3333%
Riboflavin (as Riboflavin & from Riboflavin-5-Phosphate Sodium)	50 mg	2941%
Niacin (Vit. B-3) (from Inositol Hexanicotinate and NAD Trihydrate)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl and P-5-P Monohydrate)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin and Dibenzoyl)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vit. B-5) (from Cal. Pantothenate and Pantethine)	50 mg	500%
Betaine	50 mg	†
Alpha Lipoic Acid	50 mg	†
Choline (from Choline Bitartrate)	25 mg	†
PABA (Para-aminobenzoic Acid)	25 mg	†
Inositol (from Inositol Hexanicotinate, Inositol Hexaphosphate and Inositol)	30 mg	†
CoQ10 (Coenzyme Q10)	400 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Cellulose, Silica, Magnesium Stearate (vegetable source), Croscarmellose Sodium and Enteric Coating.

Formulated & Distributed by NOW FOODS
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For more product information visit www.nowfoods.com/0405

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.
Please Recycle.