

Suggested Use: Take 2 capsules daily or as directed by a health professional.

Complete vitamin B complex with 9 active vitamin B forms including the preferred forms of folate (5-MTHF), B12 (including methyl cobalamin), B2 (R-5-P) and B6 (P-5-P) in a base of fermented media (apple cider vinegar).

Women who consume healthful diets with adequate folate may reduce their risk of having a child with birth defects of the brain or spinal cord. Folate intake should not exceed 250% of the daily value (1,000 mcg).

Tamper Seal: Use only if seal is intact. Consult your health care practitioner if you are pregnant/nursing, taking medications or have a medical condition, before taking this or any other product. Store in a cool, dry place.

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.**

Lot# 000000-2200 R20-1016 R1.4

PREMIER
RESEARCH LABS

Premier Complete B Capsules

Complete Vitamin B Formula

*Premier Liver, Energy, Brain
& Mood Support***

DIETARY SUPPLEMENT 
60 PLANT-SOURCE CAPSULES

- ✓ PRL's Quality Guarantee
- ✓ Pure Vegan
- ✓ Purity Verified
- ✓ 9 Active Vitamin B Forms
- ✓ Potency Verified
- ✓ Tested for Adulterants
- ✓ No Radiation Sterilization
- ✓ Pathogen Microbiology Performed
- ✓ Heavy Metal Tested
- ✓ FDA-Monitored cGMP Facility

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% DV for Adults & Children 4 years or more	% DV for Pregnant & Lactating
Thiamine (Vitamin B1 as Thiamine HCl) 50 mg	4,167%	3,571%
Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate) 10 mg	769%	625%
Niacin (Vitamin B3) (as Niacinamide) 25 mg	156%	139%
Vitamin B6 (as Pyridoxal-5-Phosphate) 10 mg	588%	500%
Folate (as 5-Methyltetrahydrofolate) 665 mcg DFE	166%	111%
Vitamin B12 (as Adenosylcobalamin, Methylcobalamin) 400 mcg	16,667%	14,286%
Biotin 300 mcg	1,000%	857%
Pantothenic Acid (Vitamin B5 as Calcium-d-Pantothenate) 50 mg	1,000%	714%
Pro-Culture Support 590 mg	*	*
Organic Rice Concentrate, Organic Apple Cider Vinegar		

*Daily Value Not Established

Other Ingredients: Plant-Source Capsules (cellulose, water)