

Doctor's Best Fully Active B Complex contains all eight important B Vitamins, a full spectrum designed for optimal absorption and utilization to support overall health and well-being. Water-soluble B vitamins play important roles in cell metabolism, supporting DNA, organs, genes, cells, tissues, skin health, immune system, enzyme functions and energy production.*

Quatrefolic® is the glucosamine salt of (6S)-5-methyltetrahydrofolate, the most bioavailable form of folate, that provides greater stability and water solubility.* Folate is an essential vitamin to support DNA, proper cell division, heart, mental and emotional well-being.*

Helps support energy production*

Helps support body metabolism and new cells*

Helps support DNA, the body's genetic blueprint*

Full spectrum B vitamins help support health and well-being*

***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.**

Non-GMO / Gluten Free / Soy Free / Vegan

Store in a cool dry place.

Quatrefolic® is a registered trademark of Gnosis SPA.

drbvitamins.com



YDRB299-5

**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

**Fully
Active
B Complex**
with
Quatrefolic®

**HELPS SUPPORT ENERGY PRODUCTION
AND CELL METABOLISM***



30 Veggie Caps

Supplement Facts

Serving Size 1 Veggie Capsule
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	40 mg	44%
Thiamin (as thiamin HCl)	60 mg	5000%
Riboflavin (as riboflavin and riboflavin-5-phosphate)	75 mg	5769%
Niacin (as niacinamide and niacin)	50 mg	313%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	50 mg	2941%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt)(Quatrefolic®)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	1000 mcg	41667%
Biotin	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%

Other Ingredients: Hypromellose (vegetarian capsule), microcrystalline cellulose, magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Take 1 capsule daily with food, or as recommended by a nutritionally informed physician.

WARNING: Do Not exceed recommended dose. Consult a physician if hypersensitive to thiamin (vitamin B1), niacin, and vitamin B12. Discontinue use and consult a physician if adverse reaction occurs. Keep out of reach of children.

Manufactured for **Doctor's Best, Inc.**

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