

Suggested Use: Take 1 capsule daily with food, or as recommended by a Healthcare Practitioner.

Formulated Without: GMOs, Gluten or Soy.

Warnings: Keep out of reach of children. As with all dietary supplements, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place.

*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.

Formulated with Quatrefolic®
5-MTHF (5-Methyltetrahydrofolic Acid).
Quatrefolic® is a Registered Trademark of
Gnosis S.p.A., U.S. Patent No. 7,947,662

Lake Avenue Nutrition® is a registered
trademark of Madre Labs, LLC
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High Potency Vitamin B Complex

Supports Energy Production &
Healthy Nervous System*



LAKE AVENUE®
NUTRITION

Dietary Supplement 30 Veggie Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	%DV
Thiamin (as Thiamine HCl)	110 mg	9167%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	769%
Niacin (as Nicotinic Acid and Niacinamide)	140 mg	875%
Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	10 mg	588%
Folate (as (6S)-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	670 mcg DFE	168%
Vitamin B12 (as Methylcobalamin)	400 mcg	16667%
Biotin (as d-Biotin)	500 mcg	1667%
Pantothenic Acid (as d-Calcium Pantothenate)	110 mg	2200%
Choline (as Choline Dihydrogen Citrate)	28 mg	5%
Inositol	100 mg	†

† Daily Value (DV) not established.

Other Ingredients: Modified Cellulose (Veggie Capsule), Dicalcium Phosphate, Ascorbyl Palmitate, Microcrystalline Cellulose, and Silicon Dioxide (Silica).

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.