

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT
PLEASE RECYCLE

Recommendations

1 capsule per day,
or as directed by your
healthcare professional.

Warning

If pregnant, consult your
physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST,
WHEAT, GLUTEN, MILK/DAIRY, CORN PROTEIN,
SOY PROTEIN, EGGS, SUGAR, HYDROGENATED
OIL, ARTIFICIAL COLORING, ARTIFICIAL
FLAVORING OR PRESERVATIVES.

Metafolin® is a registered trademark
of Merck KGaA, Darmstadt, Germany

MADE IN THE USA

Independently tested for
authenticity, potency, solvent
residue, stability and bacteria,
yeast and mold counts.


VITAL
NUTRIENTS

B-Complex



DIETARY SUPPLEMENT
60 CAPSULES

VEG
CAPS

Supplement Facts

serving size: 1 capsule • servings per container: 60

	amount per serving	% daily value
Thiamin (as thiamine HCl)	100mg	6667%
Riboflavin	25mg	1470%
Vitamin B6 (as pyridoxine HCl)	25mg	1250%
Folate (as L-5-MTHF) Metafolin®	400mcg	100%
Vitamin B12 (as methylcobalamin)	500mcg	8333%
Biotin	400mcg	133%
Pantothenic Acid (as calcium pantothenate)	200mg	2000%
Riboflavin 5' Phosphate	10mg	*
Pyridoxal 5' phosphate	15mg	*
Niacinamide	75mg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule,
Magnesium Silicate, Ascorbyl Palmitate, Leucine,
and Silica.

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA