

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 daily 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

B6 + 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)	50mg	3333%
Riboflavin (Vitamin B2)	20mg	1176%
Vitamin B6 (as pyridoxine HCl)	250mg	12500%
Folate (as L-5-MTHF) Metafolin®	200mcg	50%
Vitamin B12 (as methylcobalamin)	200mcg	3333%
Biotin	200mcg	66%
Pantothenic Acid (as calcium pantothenate)	75mg	750%
Riboflavin 5' Phosphate	5mg	*
Niacinamide	100mg	*
Pyridoxal 5' Phosphate	15mg	*

* Daily Value not established

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

manufactured by
VITAL NUTRIENTS

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