

SUGGESTED USE: 1 or more capsules per day or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, corn, yeast, artificial colors and flavors. If you are pregnant or nursing, consult your physician before taking this product. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN. This product was sealed for your protection. Do not use if outer logoed neck seal or inner-seal is missing or damaged. 360.0030

Mfg for:
 Holtorf Medical Group®
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 El Segundo, CA 90245
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HoltraCeuticals™



Mega B

Dietary Supplement

60 Capsules

HOLTORF MEDICAL GROUP®

CENTERS FOR HORMONE IMBALANCE, HYPOTHYROIDISM AND FATIGUE

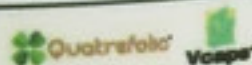
Supplement Facts

Serving Size 1 Capsule
 Servings Per Container 60

	Amount Per Serving	% Daily Value
1 capsule contains		
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	50 mg	4,167%
Riboflavin (Vitamin B2 USP)	50 mg	3,846%
Niacin (as Niacinamide USP)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,941%
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	75 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate USP)	50 mg	1,000%
Choline (as Choline Bitartrate)	19 mg	3%
Inositol NF	50 mg	*

* Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, and Silicon Dioxide. Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents Pending.



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