

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take
1 capsule, 1-2 times daily, or as directed by your health professional.

Warning: If you are pregnant, nursing, have any health condition or
taking any medication, consult your health professional before using
this product.

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

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.

Gluten Free, Non-GMO

†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.

Contents may not fill package in order to
accommodate required labeling. Please
rely on stated quantity.

Formula #202676 V1

B-Complex

with Metafolin® L-5-MTHF

Dietary Supplement

Energy metabolism and
neurological health†



60 Vegetarian Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 60

	Amount Per Serving	%DV
Thiamine [vitamin B ₁ , as thiamine HCl].....	100 mg	8,333%
Riboflavin [as vitamin B ₂ and 60% riboflavin 5' phosphate].....	12.7 mg	977%
Niacin [vitamin B ₃ , as niacinamide and inositol hexaniacinate].....	108 mg	675%
Vitamin B ₆ [as pyridoxine HCl and 40% pyridoxal 5' phosphate].....	16.7 mg	982%
Folate [as Metafolin®, L-5-MTHF].....	667 mcg DFE (400 mcg L-5-MTHF)	167%
Vitamin B ₁₂ [as methylcobalamin].....	400 mcg	16,667%
Biotin.....	400 mcg	1,333%
Pantothenic Acid [vitamin B ₅ , as calcium pantothenate].....	100 mg	2,000%

%Daily Value (DV)

Other ingredients: Hydroxypropyl methylcellulose [capsule], ascorbyl palmitate



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