

**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 90 Veggie Capsules

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

	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.*