

SUGGESTED USE: 1 CAPSULE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

KEEP OUT OF REACH OF CHILDREN. STORE SEALED IN A COOL, DRY PLACE.

Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM



With Activated B12 & Methylfolate

Dietary Supplement
120 Vegetarian Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

	Amount Per Serving	% Daily Value
Thiamin (as thiamin HCl)	100 mg	8,333%
Vitamin B2 (as riboflavin 35 mg, riboflavin-5'-phosphate 20 mg)	55 mg	4,231%
Vitamin B3 (as niacinamide)	55 mg	344%
Vitamin B6 (as pyridoxine HCl 20 mg, pyridoxal-5'-phosphate 5 mg)	25 mg	1,471%
Folate (as [6S]-5-methyltetrahydrofolate, calcium salt)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	2000 mcg	6,667%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%
Choline (as choline L[+] bitartrate) (VitaCholine™)	40 mg	7%
Inositol	100 mg	**

** Daily Value not established.

Other ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Does not contain gluten.

VitaCholine™ is a trademark of Balchem Corporation.