

STORE IN A COOL, DRY PLACE

Recommendations: As a dietary supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.



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our hypoallergenic
supplements



Use only if safety
seal is intact.
Contents may not fill
package in order to
accommodate required
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*Broad-spectrum B vitamin support
for common genetic variations†*

**Gluten-free, Non-GMO
& Hypoallergenic**

Dietary Supplement

120 CAPSULES

Supplement Facts

Serving size 1 capsule
Servings per container 120

	Amount Per Serving	%DV
Thiamin (as thiamin HCl) (B ₁)	25 mg	2,083%
Riboflavin (as vitamin B ₂ and 67% riboflavin 5' phosphate (activated B ₂))	15 mg	1,154%
Niacin (as niacinamide)	50 mg	313%
Vitamin B ₆ (as pyridoxine HCl and 20% pyridoxal 5' phosphate (activated B ₆))	50 mg	2,941%
Folate (as Metafolin® L-5-MTHF 800 mcg)	1,333 mcg DFE	333%
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg	33,333%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	100 mg	2,000%
Choline (as choline bitartrate)	40 mg	7%
Inositol	25 mg	*
BenfoPure® benfotiamine	3 mg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber, ascorbyl palmitate

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

***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.**

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code: **PGB1**