

Active B Complex

Directions: 2 (two)-capsules per day, divided, at the end of meal or as recommended by your health care practitioner.

Warning: Keep out of reach of children. If you are pregnant, nursing or taking medication, consult your doctor before use. Discontinue use and consult your doctor if adverse reactions occur.

BenfoPure® is a registered trademark of Hameln Chemicals, Ltd.

Pantescin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd.

Quatrol® is a registered trademark of Gnosis S.p.A. Corp.

MecobalActive® is a registered trademark of Interquin S.A.

REV_01

This product is not intended to diagnose, treat, cure or prevent any disease.



Active B Complex



60 capsules Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Servings per container: 30

	Amount per serving	%DV
Vitamin B1 (as BenfoPure® benfotiamine)	100 mg	8000%
Vitamin B2 (as riboflavin 5'-phosphate)	20 mg	1538%
Niacinamide	50 mg	313%
Vitamin B5 (as Pantescin® pantothenic)	100 mg	2000%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1177%
Folate (from Quatrol®, (5S)-5-methyltetrahydrofolic acid, glucosamine salt)	400 mcg	100%
Vitamin B12 (as MecobalActive® methylcobalamin)	250 mcg	10,417%
Biotin	250 mcg	500%
Choline (as Bitartrate)	200 mg	36%

Other ingredients: Vegetable cellulose (capsule), microcrystalline cellulose, silicon dioxide, calcium palmitate.

Manufactured for and Distributed by:
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