

**Suggested Usage:** Take 2 capsules daily with food.

B-complex vitamins are needed by the body for energy production, synthesis of blood cells, healthy nervous system function, and countless other metabolic processes.\* The forms of the B vitamins found in foods and most supplements, however, require conversion into their active forms before they can perform their functions as co-factors in biochemical reactions.\* This product contains B vitamins in their active or "co-enzyme" forms.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by U.S. Patent 7,947,662.

Store in a cool, dry place after opening.

1 Year Happiness Guarantee

Distributed by Lucky Health Group Inc.  
Conshohocken, PA 19428, USA  
1-888-635-0474

[www.LuckyVitamin.com](http://www.LuckyVitamin.com)

 **LUCKY  
VITAMIN**

# Co-Enzyme B-Complex

with Alpha Lipoic Acid & CoQ10

• Supports Healthy Nervous System\*

60 Veg Capsules

Dietary Supplement

## Supplement Facts

Serving Size 2 Veg Capsules    Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (from Magnesium Ascorbate)	60 mg	67%
Thiamin (Vit. B-1) (from Thiamin HCl and Cocarboxylase)	50 mg	4167%
Riboflavin (as Riboflavin and from Riboflavin-5-Phosphate Sodium)	50 mg	384%
Niacin (Vitamin B-3) (from Inositol Hexanicotinate and NAD Trihydrate)	100 mg	625%
Vitamin B-5 (from Pyridoxine HCl and P-5-P <sup>†</sup> Monohydrate)	50 mg	2941%
Folate (from Quatrefolic® (6S)-5-MTHF** Glucosamine Salt) [400 mcg (6S)-5-MTHF**]	607 mcg DFE	157%
Vitamin B-12 (as Methylcobalamin and Dibenzoyl)	250 mcg	10,417%
Biotin	1000 mcg	3333%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate and Panthothine)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Betaine Anhydrous	50 mg	†
Alpha Lipoic Acid	50 mg	†
PABA (Para-Aminobenzoic Acid)	25 mg	†
Inositol (from Inositol Hexanicotinate, Inositol Hexaphosphate and Inositol)	30 mg	†
CoQ10 (Coenzyme Q10)	10 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

\*\*MTHF = Methyltetrahydrofolate



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