

Suggested Use: Take one (1) capsule per day after a meal or as directed by a health care professional.

Made from four plant sources.
Fortified with Quatrefolic® active folate and MecobalActive® vitamin B12.

- Keep out of reach of children
- Do not use if seal is broken or missing
- Store in a cool dry place



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.


TrueB™
Plant Based
Vitamin B-Complex
Dietary Supplement
30 Veggie Capsules

Supplement Facts

Serving Size: 1 capsule
Servings per Container: 30

	Amount Per Serving	% Daily Value
Thiamin (from organic blend of guava fruit, holy basil leaf, and <i>Citrus limon</i> peel extracts) (Orgen-B's®)	6.5 mg	542%
Riboflavin (from organic blend of guava fruit, holy basil leaf, and <i>Citrus limon</i> peel extracts) (Orgen-B's®)	5.9 mg	454%
Niacin (from organic blend of guava fruit, holy basil leaf, and <i>Citrus limon</i> peel extracts) (Orgen-B's®)	10 mg	63%
Vitamin B6 (from organic blend of guava fruit, holy basil leaf, and <i>Citrus limon</i> peel extracts) (Orgen-B's®)	6.5 mg	382%
Folate [as (6S)-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) & organic blend of guava fruit, holy basil leaf, and <i>Citrus limon</i> peel extracts] (Orgen-B's®)	865 mcg DFE	216%
Vitamin B12 (as methylcobalamin) (MecobalActive®)	250 mcg	10,417%
Biotin (from organic sesbania leaf extract) (Orgen-Bio®)	500 mcg	1,667%
Pantothenic acid (from organic blend of guava fruit, holy basil leaf, and <i>Citrus limon</i> peel extracts) (Orgen-B's®)	11.2 mg	224%

* Daily Value not established.

Other ingredients: Hypromellose, Organic rice extract blend (Organic rice extract, organic rice hulls, organic gum arabic and organic sunflower oil), and silica.

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