DIRECTIONS: For adults, take one (1) vegetable capsule daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. If any adverse reactions occur, stop use and consult your doctor. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Puritan's Pride Kof-K certification # IW6L4

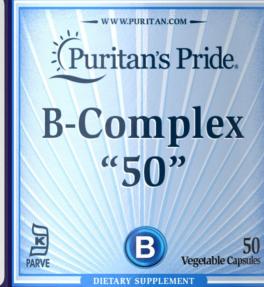
TO REORDER ITEM # 19973

www.puritan.com
1-800-645-1030

Carefully Manufactured by PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
© 2019 Puritan's Pride, Inc. lab tests. If any adverse reactions occur.

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Supplement Facts Serving Size 1 Vegetable Capsule

81	outling offer I vegetable capsule			
	Amount Per Serving		•	%Daily Valu
	Thiamin (Vitamin B1) (as Thiamin Mononitrate)	50	mg	4,167%
	Riboflavin (Vitamin B2)	50	mg	3,846%
	Niacin (as Niacinamide)	50	mg	313%
	Vitamin B6 (as Pyridoxine Hydrochloride)	50	mg	2,941%
	Folate	666 (400	mcg mcg	DFE 167% folic acid)
Ш	Vitamin B12 (as Cyanocobalamin)	50	mcg	2,083%
	Biotin (as d-Biotin)	50	mcg	167%
	Pantothenic Acid (as d-Calcium Pantothena	,		1,000%
	Choline (as Choline Bitartrate)	21	mg	4%
	Inositol	50	mg	
	Natural Powdered Blend 3.5 mg (kelp [plant], acerola [fruit], alfalfa [plant]) rose hips [fruit], watercress [plant])	3.5 nt], pa	mg rsley	[aerial],

*Daily Value not established

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.