

**Recommendation:** Adults take 1 or 2 capsules daily, preferably with food, or as recommended by a healthcare professional. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

For more information, please visit [integrativepro.com](http://integrativepro.com).

**Keep out of reach of children.** Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Contains no wheat, gluten, soy, dairy, or artificial colors, or flavors.

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

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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.



## ACTIVE B-COMPLEX

WITH QUATREFOLIC® BRAND  
METHYLFOLATE

60 CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Capsules

Servings per Container 30

Amount per Serving		% DV
Total Carbohydrate	<1 g	<1%†
Thiamin (as thiamin HCl)	50 mg	4,167%
Riboflavin (as riboflavin-5'-phosphate and Vitamin B2)	50 mg	3,846%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxal-5'-phosphate and pyridoxine HCl)	50 mg	2,941%
Folate	800 mcg DFE (837 mcg Quatrefolic® brand (6S)-5-Methyltetrahydrofolate glucosamine salt)	200%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Biotin	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	250 mg	45%
Inositol	250 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, ascorbyl palmitate, silica