

Why supplement with B-vitamins?

B-vitamins are essential to life.* These nutrients play a critical role in numerous biochemical reactions throughout the body.* They are especially important for metabolism, energy production, and the maintenance of a healthy nervous system.*

B-vitamins are water-soluble nutrients that are poorly stored in the body and readily eliminated after a short period of time.* Therefore, in order to maintain optimum levels, B-vitamins must be replenished daily.*

Advanced Absorption Mega B-Complex is a balanced blend of high-potency B-vitamins that can help you meet or exceed your daily requirements.*

This formula provides all of the essential B's, including a full 1,000 mcg of methylcobalamin – the biologically active form of vitamin B12.

† This advanced formulation also includes Medium Chain Triglycerides (MCTs) as the foundation oil for the Liquid Soft-Gel delivery system in this product.*

MCTs are a preferred source of quick cellular energy.* MCTs are rapidly absorbed into the bloodstream and immediately converted into energy at the cellular level.*

What makes us different:

Liquid Soft-Gels - The nutrients in these easy-to-swallow Liquid Soft-Gels are released fast. Other forms of delivery can contain binders and fillers that may cause stomach upset and offer no nutritional value. Advanced Liquid Soft-Gels provide an optimum delivery system.

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



Quality Assurance - Irwin Naturals® is committed to providing the highest quality products for your health. We employ compliance testing to ensure purity and potency.



Global Responsibility - Over the years we have donated to organizations that support the environment and the health of our children.



Patented BioPerine® - Our special BioPerine Complex enhances the bioavailability, absorption and potency of many nutrients.*

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

QUESTIONS: Contact Consumer Affairs
1-800-297-3273 • Weekdays 8:00 AM to 5:00 PM (PST)
Questions@IrwinNaturals.com



100+ Highly Specialized Products:
www.IrwinNaturals.com

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**1,000 mcg B12
Methylcobalamin!**

**irwin
naturals.**

ADVANCED ABSORPTION

Mega B-Complex®

with "Quick Energy" MCTs*†



High Potency B-Vitamins:

**Biotin B7 • B12 • Folate B9
B1 • B2 • B3 • B5 • B6**

60 LIQUID SOFT-GELS

DIETARY SUPPLEMENT

Full Disclosure Ingredient Panel

DIRECTIONS: (Adult) Take one (1) Liquid Soft-Gel daily.

Supplement Facts

Serving Size: 1 Liquid Soft-Gel
Servings per Container: 60

	Amount per Serving	%Daily Value
Calories	10	
Protein	1 g	
Thiamin (as Thiamine Hydrochloride)(B1)	15 mg	1250%
Riboflavin (B2)	30 mg	2308%
Niacin (as Niacinamide)(B3)	30 mg	188%
Vitamin B6 (as Pyridoxine Hydrochloride)	30 mg	1765%
Folate (B9)	467 mcg DFE (275 mcg folic acid)	117%
Vitamin B12 (as Methylcobalamin)	1000 mcg	41667%
Biotin (B7)	300 mcg	1000%
Pantothenic Acid (as D-Calcium Pantothenate)(B5)	10 mg	200%
Medium Chain Triglyceride (MCT) Oil	455 mg	†
N,N-Dimethylglycine (DMG) Hydrochloride (B16)	30 mg	†
BioPerine Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)	6 mg	†

†Daily Value not established

Other Ingredients: Gelatin, mannitol, purified water, glycerin, dicalcium phosphate, caramel (color), beeswax, soy lecithin, titanium dioxide (color), silicon dioxide and maltodextrin.

Contains: Soy, Tree Nuts (coconut, palm kernel)

®BIOPERINE® is a registered trademark of Sabinsa Corporation.

No preservatives added.

DISTRIBUTED, FORMULATED and QUALITY TESTED by:
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www.IrwinNaturals.com