

SUGGESTED USE: Take 1 capsule daily with food, or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, GMO, gluten, or artificial colors.

B Complex Plus Meets or Exceeds cGMP Quality Standards.

Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.

MECOBALACTIVE® is a registered trademark of HealthTech BioActives SLU d.b.a. Ferrer HealthTech.

BCOM-100-CAPS REV. 081320



T A R G E T E D S U P P O R T ®



SeekingHealth®

B Complex Plus

Dietary Supplement
100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

	Amount Per Serving	%Daily Value
Thiamin (as thiamine hydrochloride)	25 mg	2,083%
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1,538%
Niacin (as inositol hexanicotinate and niacin)	95 mg	594%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,176%
Folate [as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt and calcium folinate]	680 mcg DFE (400 mcg)	170%
Vitamin B12 (as MECOBALACTIVE® methylcobalamin and adenosylcobalamin)	50 mcg	2,083%
Biotin	750 mcg	2,500%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	2,500%
Choline (as choline bitartrate)	50 mg	9%

Other Ingredients: Vegetarian capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, and silica.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:
Seeking Health, LLC
3140 Mercer Ave
Bellingham, WA 98225
(800) 547-9812



This package is
completely recyclable