

USAGE: Take 1 capsule per day with a meal or as directed by your qualified healthcare professional.

WARNING: This product contains vitamin B₃ (niacin), which may cause a "niacin flush," especially when taken on an empty stomach. Symptoms are transient – typically lasting for approximately one-half hour – and may include burning, tingling, and itching sensations along with reddening of the skin. In some cases, dizziness and/or shortness of breath may occur. If a severe reaction occurs, drink plenty of water and discontinue use.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

B-Right® is a carefully balanced B-Complex formula that is low odor.

Methyl folate ((6S)-5-methyltetrahydrofolic acid or (6S)-5-MTHF) is the most biologically active form of folic acid. QUATREFOLIC® is the 4th generation development in folate delivery.

Methylcobalamin is better absorbed, retained and utilized than other forms of B₁₂. Methylcobalamin and niacinamide support brain and nerve tissue.*

Pantethine is a derivative of vitamin B₅ and is a precursor to Coenzyme A (CoA), which is involved in oxidative metabolism.*

Pyridoxal 5-Phosphate (P-5-P) is the coenzyme form of vitamin B₆ and is necessary for the metabolism of proteins and amino acids.*

Keep out of the reach of children.

* 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.

05513B

PROD # 101006



Lot #. Best Used Before:

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

© 2013 **Jarrow FORMULAS®**

Jarrow
FORMULAS®

Low Odor B-Complex

B-Right®

Optimized B-Complex

Methylcobalamin B₁₂ +
Pantethine + P-5-P

100
CAPSULES

DIETARY
SUPPLEMENT



Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

	Amount Per Serving	% DV
Vitamin B ₁ (as thiamine mononitrate)	25 mg	1667%
Vitamin B ₂ (as riboflavin)	25 mg	1470%
Vitamin B ₃ (as niacin)	25 mg	125%
Vitamin B ₃ (as niacinamide)	100 mg	500%
Vitamin B ₅ (as calcium D-pantothenate)	100 mg	1000%
Pantethine (vitamin B ₅ derivative)	25 mg	*
Vitamin B ₆ (as pyridoxine HCl)	25 mg	1250%
Vitamin B ₆ (as pyridoxal 5-phosphate)	10 mg	500%
Folate (from folic acid and as QUATREFOLIC® (6S)-5-methyl-tetrahydrofolic acid glucosamine salt)	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Choline (as choline bitartrate)	50 mg	*
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	30 mg	*

*Daily Value not established.

Other Ingredients: Magnesium stearate (vegetable source), cellulose and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose and titanium dioxide for color.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans.

QUATREFOLIC® is a registered trademark of Gnosis S.p.A.

Protected by U.S. Patent #7,947,662.