### Suggested Use: Take 2 capsules daily.

This complete Vitamin B Complex contains 9 active vitamin B forms that support many bodily systems and contributes to a healthy mindset and positive outlook\*

Available evidence shows women who consume healthful diets with adequate folate may reduce the risk of having a child with birth defects of the brain or spinal cord. Neural tube defects occur in approximately 6 of 10,000 live births; 2,500 cases among 4 million live births annually in the United States. Folate intake should not exceed 250% of the daily value (1,000 mcg). Tamper Seal: Use only if seal is intact. Harm

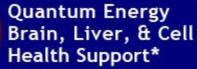
Consult your health practitioner if you are pregnant or nursing, taking medication or have a medical condition, before taking product. Store in a cool, dry place.

\*THESE STATEMENTS HAVE BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



# Max Energy Bs

Complete Vitamin B Complex



Plant-Source Dietary 60 CAPSULES Supplement



# QUANTUM **ENERGY\***

#### **PURITY** VERIFIED

9 ACTIVE VITAMIN B **FORMS** 

TESTED FOR **ADULTERANTS** 

**KOSHER** CERTIFIED



SCAN TO DISCOVER MORE

## Supplement Facts

Serving Size 2 Capsules Servings Per Container 30

	% DV for Adults & Children 4 years or more	% DV for Preg- nant & Lactating
Thiamine (Vitamin B1 as Thiamine HCl) 50 mg	4,167%	3,571%
Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate)	10 mg 769%	625%
Niacin (Vitamin B3) (as Niacinan	nide) 25 mg 156%	139%
Vitamin B6 (as Pyridoxal-5-Phosphate)		500%
Folate (as 5-Methyltetrahydro 665 mcg DFE	ofolate) 166%	111%
Vitamin B12 (as Adenosylcobala Methylcobalamin) 400 mcg	min, 16,667%	14,286%
Biotin 300 mcg	1,000%	857%
Pantothenic Acid (Vitamin B5 as Calcium-d-Pantothenate)	50 mg 1,000%	714%
Pro-Culture Support 590 mg Organic Rice Concentrate, Organi	** c Apple Cider Vinega	**
**Daily Value Not Established		

Other Ingredients: Plant-Source Capsules (cellulose, water)

Keep out of reach of children.

Lot # 000000-12200 R22-1017 R1.7