

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 capsule daily or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

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Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net



VITAL
NUTRIENTS

B6 + B
Complex

DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 vegetarian capsule

Servings Per Container: 60

	Amount Per Serving	%DV
Thiamin (Vitamin B1 as thiamine HCl)	50mg	4167%
Riboflavin (Vitamin B2)	20mg	1538%
(and as Riboflavin 5'Phosphate)	5mg	385%
Niacin (Vitamin B3 as niacinamide)	100mg	625%
Vitamin B6		
(as pyridoxine HCl)	250mg	14706%
(as pyridoxal 5'phosphate)	15mg	882%
Folate (Vitamin B9 as L-5-MTHF)	340mcg DFE	85%
Vitamin B12 (as methylcobalamin)	200mcg	8333%
Biotin (Vitamin B7)	200mcg	667%
Pantothenic Acid (Vitamin B5 as calcium pantothenate)	75mg	1500%

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium Silicate, Ascorbyl Palmitate, Silica, and Leucine.

manufactured by
VITAL NUTRIENTS
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