

**Directions:** As a dietary supplement for adults, take one (1) vegetarian capsule daily, preferably with a meal, or as directed by a health care professional.

**Healthy Origins® Bioavailable B-Complex** contains all eight B vitamins in their active, coenzyme forms for optimal absorption.\*

B vitamins are a group of nutrients that are essential for our overall health and well-being. They provide an extensive range of support for the body, but they are commonly known for their pivotal roles in neurological health, cognitive health, energy production and cellular function.\*

Store in a cool, dry place. **KEEP OUT OF REACH OF CHILDREN**

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, peanut or tree nut derived ingredients.

**Caution:** Consult a physician before use if you are pregnant, nursing, taking medication or have a medical condition.

Manufactured in a cGMP facility.

\*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.



Healthy Origins®

— SINCE 1996 —

NEW LOOK

BIOAVAILABLE  
**B-COMPLEX**

Supports neurological  
and cognitive health\*



60 VEGGIE CAPS

DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size: 1 Veggie Capsule

Servings per Container: 60

	Amount per Serving	% Daily Value
Vitamin B1 (as Thiamine HCl, Thiamine Cocarboxylase Chloride)	50 mg	4167%
Vitamin B2 (as Riboflavin, Riboflavin 5' Phosphate)	50 mg	3846%
Vitamin B3 (as Inositol Hexanicotinate, Niacinamide)	50 mg	313%
Vitamin B5 (as D-Calcium Pantothenate)	50 mg	1000%
Vitamin B6 (as Pyridoxine HCl, Pyridoxal 5' Phosphate)	50 mg	2941%
Vitamin B7 (as D-Biotin)	500 mcg	1666%
Vitamin B9 (Folate) (as L-5-Methyltetrahydrofolate Calcium Salt)	680 mcg DFE**	170%
Vitamin B12 (as Methylcobalamin, Dibenzozide)	500 mcg	20633%
Choline (as Choline Bitartrate)	25 mg	5%
Pantethine	10 mg	†
Berberine	5 mg	†
Inositol Hexaphosphate	15 mg	†

†Daily Value not established \*\*DFE = Dietary Folate Equivalent

Other Ingredients: Vegetarian Capsule (Hypromellose, Water), Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

Distributed by: Healthy Origins®

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