



helps support
brain health*



helps convert
food into energy*



supports normal
antioxidant function*



B₁₂B₆ essential
daily vitamins

*promotes brain health** | **1,000 mcg***

*helps support energy production**

60 vegetarian capsules

dietary supplement

Suggested Use: (Adults) Take one (1) capsule per day, with a glass of water.

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin B ₆ (as pyridoxine hydrochloride)	30 mg	1,765%
Vitamin B ₁₂ (as methylcobalamin)	1,000 mcg	41,667%

Other Ingredients: Vegetarian capsule (hypromellose), microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

This product is manufactured in a facility that processes fish extracts.

*1,000 mcg of B₁₂ per daily serving.

Usage Warnings: Check with your doctor before using this product if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake without checking with your doctor. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool and dry place after opening.



dairy
free



soy
free



no gluten
ingredients



vegetarian
friendly

manufactured by:
nutrawise®

Irvine, CA 92618 USA
888.271.8876
youtheory.com



50021 92034 0
LB 01286.92034.00

*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.