

SUGGESTED USE: Adults take 1 capsule once a day with a meal or as directed by your qualified healthcare professional.

Jarrow Formulas® B-Right is an optimized B-complex featuring the forms of vitamins B1 (thiamin), B2 (riboflavin), B5 (pantethine), B6 (P-5-P), B12 (methylcobalamin), and B9 (methyl folate) that are efficiently utilized by the body.* B vitamins play an important role in the body, including cellular energy production, immune health, and stress management.*

WARNING: This product contains Biotin which may interfere with lab/blood tests, and Nicotinic Acid which may cause a niacin flush, especially on an empty stomach. Symptoms for Nicotinic Acid are transient and may include burning, tingling, itching sensations, reddening of the skin, dizziness, and/or shortness of breath. If a severe reaction occurs, drink plenty of water and discontinue use. Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication (especially antiepileptic and chemotherapy) or have a medical condition; if adverse reactions occur, discontinue use.

KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.

*** 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.**

Quatrefolic® is a registered trademark of Gnosis S.p.A.
Protected by U.S. Patent #7,947,662.



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PROD # 101006

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Lot #. Best Used Before:



Quatrefolic®

**Jarrow
FORMULAS®**

VEGAN

B-Right®

OPTIMIZED B-COMPLEX

Supports cellular energy, immune health, and stress management*



non-gmo



gluten free

**100 VEGGIE
CAPSULES**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% DV
Thiamin (as Thiamine Mononitrate)	25 mg	2,083%
Riboflavin	25 mg	1,923%
Niacin (as Nicotinic Acid)	25 mg NE§	156%
Vitamin B ₆ (as Pyridoxine HCl [25 mg] and Pyridoxal 5-Phosphate [10 mg])	35 mg	2,059%
Folate	680 mcg DFE†	170%
(400 mcg as (6S)-5-MTHF [from (6S)-5-Methyltetrahydrofolate Glucosamine Salt])		
Vitamin B ₁₂ (as Methylcobalamin)	100 mcg	4,167%
Biotin (as d-Biotin)	300 mcg	1,000%
Pantothenic Acid (as Calcium D-Pantothenate)	100 mg	2,000%
Choline (as Choline Bitartrate)	50 mg	9%
Pantethine	25 mg	†
Inositol	50 mg	†

† Daily Value (DV) not established.

Other Ingredients: Capsule (hydroxypropylmethylcellulose, water), microcrystalline cellulose, silicon dioxide, calcium phosphate, magnesium stearate (vegetable source) and stearic acid (vegetable source).

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA 1-866-459-4154

† Dietary Folate Equivalents. § Niacin Equivalents.

NOTE: Natural capsule color variations may occur.
Do not use if safety seal is damaged or missing.

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

APPROX. FILL LINE

ENERGY