



OPTIMAL VITAMIN B

A DIETARY SUPPLEMENT

120 Capsules

Exclusively manufactured for:

LONGEVITY  MEDICAL CLINIC™

The B-vitamins in Longevity's Optimal Vitamin B work together to metabolize proteins, carbohydrates, and fats, and to provide the body with energy. They support a healthy nervous system, mood, and mental focus; are essential to the production of hormones and red blood cells; support healthy homocysteine levels; and have numerous other vital biochemical functions throughout the body.*

*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.

Store in a cool dry place. Tamper evident. Do not use if seal is broken. Keep out of reach of children. Consult your physician if you are pregnant or breastfeeding before using this product.

Order: 866-86-YOUNG, LMClinic.com
9757 NE Juanita Drive, Kirkland, WA 98034

Supplement Facts

Serving Size: One (1) Capsule

Servings per container: 120

	Amount Per Serving	%DV
Vitamin C (Ascorbic Acid)	250mg	416%
Thiamin (Vitamin B1)	50mg	3334%
Riboflavin (Vitamin B2)	50mg	2941%
Niacinamide (Vitamin B3)	50mg	250%
Vitamin B6 (Pyridoxine HCL)	50mg	2500%
Folic Acid	200mcg	50%
Vitamin B12 (Cyanocobalamin)	100mcg	1667%
Biotin	50mcg	17%
Pantothenic Acid (Vitamin B5)	100mg	1000%
Choline Bitartrate	50mg	**
Inositol	50mg	**
PABA (Para-Aminobenzoic Acid) (B10)	50mg	**

**%Daily Value not established

Other Ingredients: Hypromellose, Silicon Dioxide, Capsule (Gelatin, Purified Water).

Recommendations: Take one (1) capsule twice daily with food, or as directed by your Longevity physician.