

**SUGGESTED USE:** Adults, as a dietary supplement, take one (1) capsule in the morning and one (1) capsule in the evening.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

Providing quality products since 2001.

10219-v202

**DR. MERCOLA®**

# VITAMIN B COMPLEX

WITH

## BENFOTIAMINE

60 CAPSULES

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

|                                                              | Per Capsule                     |      | Per Day (2 Capsules)            |       |
|--------------------------------------------------------------|---------------------------------|------|---------------------------------|-------|
|                                                              | Amount                          | %DV  | Amount                          | %DV   |
| Thiamin (Vitamin B1)                                         | 0.75 mg                         | 63%  | 1.5 mg                          | 125%  |
| Riboflavin (Vitamin B2)                                      | 0.85 mg                         | 65%  | 1.7 mg                          | 131%  |
| Niacin (Vitamin B3)                                          | 10 mg                           | 63%  | 20 mg                           | 125%  |
| Vitamin B6 (as Pyridoxine)                                   | 1 mg                            | 59%  | 2 mg                            | 118%  |
| Folate (Vitamin B9)                                          | 330 mcg DFE                     | 83%  | 665 mcg DFE                     | 166%  |
|                                                              | (Folic Acid equivalent 200 mcg) |      | (Folic Acid equivalent 400 mcg) |       |
| Vitamin B12 (as Cobalamin)                                   | 3 mcg                           | 125% | 6 mcg                           | 250%  |
| Biotin                                                       | 150 mcg                         | 500% | 300 mcg                         | 1000% |
| Pantothenic Acid (Vitamin B5)                                | 5 mg                            | 100% | 10 mg                           | 200%  |
| Organic B Complex Vitamins^<br>(from Organic Quinoa Sprouts) | 500 mg                          | *    | 1,000 mg                        | *     |
| Benfotiamine                                                 | 75 mg                           | *    | 150 mg                          | *     |

\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Capsule (Hydroxypropyl Methylcellulose), Microcrystalline Cellulose, Ascorbyl Palmitate, Silicon Dioxide.

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral FL 33991 USA (877) 985-2696

**PANMOL®**

^PANMOL® is a registered trademark of vis vitalis gmbh.