

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.

[†]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.



Mood & Stress Management[†]



Energy Production[†]



Enhanced Bioavailability[†]



DR. MERCOLA[®]

**VITAMIN B
COMPLEX**
**WITH
BENFOTIAMINE**

180 CAPSULES

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 180

	Per Capsule Amount %DV		Per Day (2 Capsules) 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 (Folic Acid equivalent 200 mcg)	83%	665 mcg DFE (Folic Acid equivalent 400 mcg)	166%
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 [^] (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

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PANMOL[®]

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