



Instant Reader

SUGGESTED USE: As a dietary supplement take two (2) capsules once a day. For best results take 20-30 min before bedtime with an 8oz. glass of water or as directed by your healthcare professional.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

KEEP OUT OF THE REACH OF CHILDREN
DO NOT USE IF SAFETY SEAL IS
DAMAGED OR MISSING.
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.

Lot # and Expiration
Date Printed on
bottom of Bottle
Y180



COGNIZANCE

ESSENTIAL B-VITAMIN COMPLEX*

ENERGY

DIETARY SUPPLEMENT

60 CAPSULES

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid)	150mg	167%
Thiamine (as Thiamine Mononitrate)(Vitamin B1)	100mg	8,333%
Riboflavin (as Vitamin B2)	100mg	7,692%
Niacin (as Niacinamide)(Vitamin B3)	20mg NE	125%
Vitamin B6 (as Pyridoxine HCL)	30mg	1,765%
Folate	1166mcg DFE	292%
	(as 700mcg Folic Acid)	
Vitamin B12 (as Cyanocobalamin)	2000mcg	83,333%
Biotin	1000mcg	3,333%
Pantothenic acid	100mg	2,000%
(as D-Calcium Pantothenate)(Vitamin B5)		
Choline (as Choline Bitartrate)	100mg	18%
Inositol	150mg	**

** Daily Value (DV) not established

Inactive Ingredients: Cellulose (Vegetable Capsule), Microcrystalline Cellulose, Vegetable Stearate.

DISTRIBUTED BY: DAILY NUTRITION

SALT LAKE CITY, UTAH

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WWW.DAILYNUTRITIONSHOPPING.COM