

SUGGESTED USE: Take 1 capsule daily with food, or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

CAUTION: Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach by children.

B Complex MF supports nervous system health, healthy mood, and energy production without methylated nutrients.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, gluten, GMO, artificial colors, or artificial flavors.

B Complex MF Meets or Exceeds cGMP Quality Standards.

**MANUFACTURED IN THE USA
FROM GLOBALLY SOURCED INGREDIENTS
THIRD-PARTY INDEPENDENTLY TESTED**



TARGETED SUPPORT®



SeekingHealth®

B Complex MF

Methyl-Free

Dietary Supplement

100 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 100

	Amount Per Serving	%Daily Value
Thiamin (as thiamine hydrochloride)	25 mg	2,083%
Riboflavin (as riboflavin 5'-phosphate sodium)	20 mg	1,538%
Niacin (as inositol hexanicotinate and niacin)	95 mg NE	594%
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1,176%
Folate (as folic acid)	680 mcg DFE (400 mcg)	170%
Vitamin B12 (as adenosylcobalamin and hydroxycobalamin)	50 mcg	2,083%
Biotin	750 mcg	2,500%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	2,500%

Other Ingredients: Vegetarian capsule (hypromellose and water), ascorbyl palmitate, and silica.

Manufactured for and Distributed by:
Seeking Health, LLC

3140 Mercer Ave Bellingham, WA 98225 (800) 547-9812

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BCOMMF-100-CAPS
REV. 083022

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