

# Solaray®

EST. 1973

## METHYL B-COMPLEX 50

- + Energy Support†
- + Immune Support†
- + Healthy Hair & Skin†

60 VEGCAPS  
DIETARY SUPPLEMENT



**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

**Directions:** Use only as directed. Take 1 VegCap daily with a meal or glass of water. Store in a cool, dry place.

### Supplement Facts Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Vitamin B-1 (from Thiamine Coccarboxylase, Mononitrate)	50 mg	4,167%
Vitamin B-2 (from Riboflavin-5-Phosphate)	50 mg	3,846%
Vitamin B-3 (from Niacinamide)	50 mg	313%
Vitamin B-6 (from Pyridoxal-5-Phosphate, Pyridoxine HCl)	50 mg	2,941%
Folic Acid (as Quatrefolic® (6S)-5-Methyltetrahydrofolate Glucosamine Salt, Folic Acid)	400 mcg	100%

**Other Ingredients:** Vegetable Cellulose Capsule, Cellulose, Silica and Magnesium Stearate. Quatrefolic® is a registered trademark of Gnosis S.p.A., Patent No. 7,947,662

	Amount Per Serving	% Daily Value
Vitamin B-12 (from Methylcobalamin)	50 mcg	2,083%
Biotin	300 mcg	1,000%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1,000%
Choline (from Choline Bitartrate)	19.5 mg	4%
Benfotiamine	50 mg	*
PABA (Para-Aminobenzoic Acid)	50 mg	*
Inositol	50 mg	*

\*Daily Value not established.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Mfd. by Nutraceutical Corp, USA

[www.nutraceutical.com](http://www.nutraceutical.com)



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