

SUGGESTED USE: 1 CAPSULE PER DAY
OR AS DIRECTED BY YOUR HEALTHCARE
PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION,
HAVE A MEDICAL CONDITION OR AN
UPCOMING MEDICAL PROCEDURE, OR
ARE PREGNANT OR NURSING, CONSULT
A PHYSICIAN BEFORE USING. IF ADVERSE
REACTIONS OCCUR, DISCONTINUE USE &
CONSULT YOUR HEALTHCARE PRACTITIONER.
KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM



With Activated B12 & Methylfolate

Dietary Supplement
60 Vegetarian Capsules

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

	Amount Per Serving	%DV
Thiamin (as thiamin HCl)	100 mg	8,333%
Riboflavin (Vitamin B2) (as riboflavin 35 mg, riboflavin-5'-phosphate sodium 20 mg)	55 mg	4,231%
Niacin (Vitamin B3) (as niacinamide)	55 mg NE	344%
Vitamin B6 (as pyridoxine HCl 20 mg, pyridoxal-5'-phosphate 5 mg)	25 mg	1,471%
Folate (as [6S]-5-methyltetrahydrofolate, calcium salt)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	2000 mcg	6,667%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%
Choline (as choline L[+] bitartrate) (VitaCholine®)	40 mg	7%
Inositol	100 mg	**

** Daily Value (DV) not established.

Other ingredients: Hypromellose (capsule), vegetable
stearate, microcrystalline cellulose, silicon dioxide.

Does not contain gluten.

VitaCholine® is a registered trademark of Balchem Corporation.