

**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  
120 Vegetarian Capsules

### Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 120

|                                                                                        | Amount<br>Per Serving | % Daily<br>Value |
|----------------------------------------------------------------------------------------|-----------------------|------------------|
| Thiamin (as thiamin HCl)                                                               | 100 mg                | 8,333%           |
| Riboflavin (Vitamin B2) (as riboflavin 35 mg,<br>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,<br>pyridoxal-5'-phosphate 5 mg)                   | 25 mg                 | 1,471%           |
| Folate<br>(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 not established.

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

**Does not contain gluten.**

VitaCholine® is a registered trademark of Balchem Corporation.