

**SUGGESTED USE** Consume one capsule daily. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**PROCAPS**

**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**

517651



ANDREW LESSMAN

**PROCAPS**



# HIGH POTENCY COMPLETE B-COMPLEX

Protected Methylcobalamin B12  
Methyl Folate (5-MTHF)



**HIGH POTENCY B-COMPLEX** is the most advanced high potency blend of B-complex vitamins, including our unique absorption-protected methylcobalamin (natural coenzyme vitamin B12) and a proprietary form of metabolically active folic acid (methyl folate). The B-complex vitamins work together to maintain, support and facilitate all metabolic processes from energy production and fat metabolism to cell growth, detoxification, immune function and tissue repair. The B-complex vitamins are also essential to healthy brain, nervous system, heart and cardiovascular function. The availability of B-vitamins is negatively impacted by our food supply and dietary choices, along with age, stress and the consumption of alcohol and medications. The typical diet falls far short of even basic B-vitamin requirements, particularly B12, due to its poor availability absorption. Our unique B12 avoids synthetic cyanocobalamin and provides an active, absorption-protected natural form of B12. We also deliver a form of folic acid in its natural active form that avoids the problems associated with ordinary folic acid. No other B-complex or multivitamin offers our unique methyl B12 and methyl folate. Moreover, it comes in a small, soft, easy-to-swallow capsule that is gentle even to sensitive stomachs.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 360	
Amount Per Serving	% DV*	
Vitamin B1 (as thiamin hydrochloride)	50 mg	4,167%
Vitamin B2 (as riboflavin)	50 mg	3,846%
Niacin (as niacinamide)	50 mg	313%
Pantothenic Acid (as Ca pantothenate)	50 mg	1,000%
Vitamin B6 (as pyridoxal 5'-phosphate)	50 mg	2,941%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	10,417%
Folate (as L-5-methyltetrahydrofolate)	533 mcg DFE	133%
Biotin	300 mcg	1,000%

\* Percent Daily Values (% DV).

Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective Methyl B12 Matrix.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.