

Coenzyme B-Complex contains essential B Vitamins in its active, "coenzymated" form. This complex that you've known and loved for over 15 years includes Methylfolate – one of the most advanced forms currently available. And as always, you don't need to worry about the typical Vitamin B taste or odor. Now with choline, an essential nutrient that is needed to form acetylcholine, an important neurotransmitter.\*\*

**\*\*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.**

**YES CERTIFIED GLUTEN-FREE BY GFCO.ORG**  
**YES CERTIFIED VEGAN BY THE AVA**  
**YES RECYCLABLE PACKAGING**  
**YES MANUFACTURING SUPPORTS WIND POWER**  
**YES KOSHER**

**NO YEAST, WHEAT OR SOY**  
**NO MILK, SUGAR OR PRESERVATIVES**  
**NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS**



This product does not contain common GE genes or proteins. Visit [igenprogram.com](http://igenprogram.com)

Lot No:

Best by:



This product has been manufactured at a GMP Registered facility.

**NOW WITH CHOLINE**

ESTABLISHED 1971  
**Country Life**

# COENZYME B-COMPLEX

**Certified Gluten-Free**

- With L-5-Methyltetrahydrofolate
- Supports energy & healthy cognitive function\*\*
- Supports metabolism of fats and cholesterol\*\*

**Dietary Supplement** | **240 Vegan Capsules**

— *Our PLEDGE of INTEGRITY* —  
 AUTHENTICITY • CLEANLINESS • FRESHNESS  
 CONSISTENCY • ACCURACY

**Directions:** Adults take one (1) to two (2) capsules daily, preferably before or between meals. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care and lab providers.

## Supplement Facts

Serving Size 2 capsules  
 Servings Per Container 120

Amount Per Serving	% Daily Value	
Thiamin (vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride)	50 mg	4,167%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	50 mg	3,846%
Niacin (as inositol hexaniacinate)	100 mg	625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	50 mg	2,941%
Folate (as L-5-Methyltetrahydrofolate calcium salt)	667 mcg DFE	167%
Vitamin B12 (as dibenzoyl, methylcobalamin)	500 mcg	20,833%
Biotin (as d-Biotin)	200 mcg	667%
Pantothenic Acid (as calcium d-pantothenate, pantethine)	50 mg	1,000%
Choline (as choline bitartrate)	55 mg	10%
PABA (para-aminobenzoic acid)	50 mg	*
Inositol (from 130 mg inositol hexaniacinate)	27 mg	*
alpha-Lipoic Acid	100 mcg	*

\* Daily Value not established.

Other Ingredients: Cellulose, cellulose (capsule shell), vegetable magnesium stearate, silica. **CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur. **Do not accept if seal is broken. Store in a dry place between 59° - 86° F. Keep out of the reach of children.**

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 Product No. 6416

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