

VITALITY
FOR LIFE®



methy B

— COMPLEX —

**B Vitamin Complex with
L-5-Methylfolate and
Methylated B12**

**DIETARY SUPPLEMENT
30 TABLETS**



DIRECTIONS: Take one tablet daily or as directed by a physician.

Consult your physician before taking this product if you are pregnant, planning to become pregnant, nursing, under a doctor's care, taking any medications, or administering to children under the age of 18. Keep out of reach of children. Tamper-evident inner seal; if broken, do not accept. Store in a cool, dry, dark place.

THE VITAMIN B FOR EVERYONE!*

- Getting the right amount of B vitamins is essential. Methylated forms enhance the body's ability to absorb and utilize them.
- Methyl B Complex contains research-recommended amounts of all eight B vitamins—including L-5-methylfolate and methylated B12.
- Experience the improved energy and vitality that B vitamins offer.*

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

	Amount Per Serving	% Daily Value
Thiamin (as thiamin HCl)	15 mg	1250%
Riboflavin	17 mg	1308%
Niacin (as niacinamide)	35 mg	219%
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Folate (as calcium L-5-methyltetrahydrofolate)	1335 mcg DFE	333%
Vitamin B12 (as methylcobalamin)	48 mcg	2000%
Biotin (as d-biotin)	60 mcg	200%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%

OTHER INGREDIENTS: Dextrose[†], microcrystalline cellulose[†]. Contains 2% or less of: hydroxypropyl methylcellulose[†], polydextrose, croscarmellose sodium[†], silicon dioxide, stearic acid[†], magnesium stearate[†], titanium dioxide, spirulina[†], polyethylene glycol, hydroxypropyl cellulose[†], medium-chain triglycerides, carnauba wax[†].

[†]Plant derived

* 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.



GLUTEN-FREE