

**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.  
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[WWW.MOSSNUTRITION.COM](http://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,<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 (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.