

10A2Z

Best by:



**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.

Lot No:

**Supplement Facts**

Serving Size 2 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamine HCl, thiamine cocarboxylase chloride)	50 mg 4,167%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5' phosphate)	50 mg 3,846%
Niacin (as inositol hexanicolinate)	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 dibencoside, methylcobalamin)	500 mcg 20,833%
Biotin (as D-Biotin)	200 mcg 667%
Pantothenic Acid (as calcium D-pantothenate, panthothen)	50 mg 1,000%
Choline (as choline bitartrate)	55 mg 10%
PLGA (para-aminobenzoic acid) (isolated from L30 mg isolated histacinnofel)	50 mg 27 mg *
alpha-Lipoic Acid	100 mcg *

\* Daily Value not established.

Other Ingredients: Cellulose, cellulose (capsule shell), vegetable magnesium stearate, silica.



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

**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.

Manufactured by Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLife/USVamins.com  
Product No. 6418

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.\*\*

**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



\*\* 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.

This product has been manufactured at a GMP Registered facility.

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— 1971 —  
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NOW WITH  
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# COENZYME B-COMPLEX

Certified Gluten-Free

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

Dietary Supplement **60** Vegan Capsules

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