

Active B Complex provides the most important B vitamins, including the active form of vitamins B1, B2, B3, B5, B6, B7, B9, and B12, allowing for superior absorption within the body. A single, vegetarian capsule supports energy production; stress management; healthy immune and heart function; healthy hair, skin, and nails; prenatal, cellular, and neurological health; and a healthy metabolism.*

 **Quatrefolic**[®] is a registered trademark of Gnosis S.p.A.
The innovACTIVE folate!

✓ **Gluten-free**

✓ **No Artificial Preservatives**



POTENCY & QUALITY GUARANTEED

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2081-1a

Carlson

Active B Complex

Methylated B Vitamins + Vitamin C

DIETARY SUPPLEMENT

Energy Production* ✓ Immune Function* ✓ Stress Management*

60 Vegetarian Capsules | 60 Servings

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Vitamin C (Ascorbic Acid)	100 mg	111%
Vitamin B1 (from Thiamin Mononitrate)	50 mg	4,167%
Vitamin B2 (from Riboflavin 5-Phosphate Sodium)	15 mg	1,154%
Niacin (as Niacinamide)	30 mg	188%
Pantothenic Acid (from D-Calcium Pantothenate)	10 mg	200%
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg	588%
Biotin (Vitamin B7)	100 mcg	333%
Folate (from (6S)-5-Methylfolate Glucosamine Salt) [▲]	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	250 mcg	10,417%
Benfotiamine	50 mg	†
Trimethylglycine (TMG) (Betaine Anhydrous)	250 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl methylcellulose, rice powder, magnesium stearate, silicon dioxide, dicalcium phosphate.

Directions: Adults: take one capsule daily. Keep bottle tightly closed. Store away from heat and moisture.