

DIRECTIONS: As a dietary supplement, take two capsules daily, (one in the morning and one in the afternoon) with meals and an 8 oz. glass of water.

CAUTION: Do not exceed recommended dose. Pregnant women or nursing mothers, children under 18, individuals with a known medical condition and those taking anticoagulant or antiplatelet medications, should consult with a physician before taking this or any other dietary supplement.

† 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.

**KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.
STORE AT ROOM TEMPERATURE.**

Manufactured in the USA with global ingredients according to current Good Manufacturing Practice (cGMP) and conforms to the tested ingredient grade, strength and purity of industry Quality Standards.



AS APPROVED SCIENCE®

ACTIVE METHYLATED B COMPLEX

WITH PATENTED METHYLFOLATE
Premium Grade • High Potency
TRUSTED • FAST • NATURAL FORMULA

Optimal Strength
GMP Certified

WITH
QUATREFOLIC®
HIGH ABSORPTION
FOLATE

60 CAPSULES  100% Vegan Friendly

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 30

	Amount per serving	%DV
Vitamin B1 (Thiamine HCl)	50 mg	4166%
Vitamin B2 (Riboflavin-5-Phosphate)	10 mg	769%
Vitamin B3 (Niacinamide)	25 mg NE	156%
Vitamin B6 (Pyridoxal-5-Phosphate)	10 mg	588%
Folate (as Quatrefolic® [6S]-5-Methyltetrahydrofolate, Glucosamine Salt)	680 mcg DFE	170%
BalaSci™ Vitamin B12 Complex (50% Methylcobalamin & 50% Adenosylcobalamin)	500 mcg	20833%
Vitamin B7 (Biotin)	500 mcg	1666%
Vitamin B5 (Pantothenic Acid)	50 mg	1000%
Choline (as Choline Bitartrate)	150 mg	27%
Betaine (Trimethylglycine)	250 mg	*

* Daily Value not established

% Daily Value (DV) based on a 2000 calorie diet

Other Ingredients: Vegetable Cellulose.

Distributed by:

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