

Free of: milk and milk by-products, egg and egg by-products, fish and fish by-products, shell fish and shell fish by-products, tree nuts, wheat and wheat by-products, peanuts and peanut by-products and gluten

Directions: Adults: Take one (1) caplet with the morning meal and a second caplet with the evening meal for round-the-clock B-Complex with Choline protection.

KEEP OUT OF THE REACH OF CHILDREN.
TAMPER RESISTANT- DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

Keep bottle tightly closed. Store in a cool, dry place at controlled room temperature 15°-30°C (59°-86°F).

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

StayWell® is registered trademark of Tishcon Corp.
Quantum-B™ is a trademark of Tishcon Corp.

Unconditional Money Back Guarantee

Manufactured by:
Tishcon Corp.
30 New York Ave.
Westbury, NY 11590
MADE IN THE U.S.A.
1-800-848-8442
10163G R0912



Quantum-B™

**Complete B-Complex
with 100% Choline**

**Round The
Clock Release** 

**Dietary Supplement
60 Caplets**

Supplement Facts

Serving Size: 2 Caplets

	Amount Per Serving	% Daily Value
Vitamin B1 (as thiamine mononitrate)	30 mg	2000%
Vitamin B2 (as riboflavin)	34 mg	2000%
Vitamin B3 (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	250 mcg	4167%
Biotin	300 mcg	100%
Vitamin B5 (as calcium d-pantothenate)	50 mg	500%
Choline (as 1350 mg bitartrate)	550 mg	*

*100% of the DRI for adult Males (130% for adult Females) established by the Institute of Medicine, National Academy of Sciences

Other Ingredients: Hypromellose, microcrystalline cellulose, maltodextrin, dicalcium phosphate, pharmaceutical glaze, mono & diglycerides, silicon dioxide, magnesium stearate, talc, ethyl vanillin, guar gum and partially hydrogenated vegetable oil.

CONTROL NO.:

EXP. DATE: