

Suggested Usage: Take 2 tablets daily with food.

B-Complex Vitamins are needed by the body for energy production, synthesis of blood cells, healthy nervous system function, and countless other metabolic processes.* The forms of the B Vitamins found in foods and most supplements however, are not readily utilized by the body and require conversion into their active forms before they can perform their functions as co-factors in biochemical reactions.* NOW® Co-Enzyme B-Complex contains B Vitamins in their active or "Co-enzyme" forms and the tablets are enteric coated to deliver them to intestinal absorption sites intact, unharmed by stomach acids.

*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.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

Please Recycle.

CODE 0405 v7



**ENTERIC
COATED**

Co-Enzyme B-Complex

With Alpha Lipoic Acid and CoQ10

Nutritional Health

- Supports Healthy Nervous System*
- Superior Utilization

60 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Tablets Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (from Magnesium Ascorbate)	60 mg	100%
Thiamin (Vit. B-1) (from Thiamin HCl and Cocarboxylase)	50 mg	3333%
Riboflavin (as Riboflavin & from Riboflavin-5-Phosphate Sodium)	50 mg	2941%
Niacin (Vitamin B-3) (from Inositol Hexanicotinate and NAD Trihydrate)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl and P-5-P Monohydrate)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin and Dibenzoyl)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate and Pantethine)	50 mg	500%
Betaine	50 mg	†
Alpha Lipoic Acid	50 mg	†
Choline (from Choline Bitartrate)	25 mg	†
PABA (Para-aminobenzoic Acid)	25 mg	†
Inositol (from Inositol Hexanicotinate, Inositol Hexaphosphate and Inositol)	30 mg	†
CoQ10 (Coenzyme Q10)	400 mcg	†

† Daily Value not established.

Other ingredients: Cellulose, Silica, Magnesium Stearate (vegetable source), Croscarmellose Sodium and Enteric Coating.

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