

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

1 capsule daily or as directed by your
healthcare professional.

Warning

If pregnant, consult your physician
before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN
(WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN,
WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Metafolin® is a registered trademark of
Merck KGaA, Darmstadt, Germany

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net



B6 + B Complex

DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

Supplement Facts

serving size: 1 veg capsule • servings per container: 60

	amount per serving	% daily value
Thiamin (as thiamine HCl)	50mg	3333%
Riboflavin (Vitamin B2)	20mg	1176%
Vitamin B6 (as pyridoxine HCl)	250mg	12500%
Folate (as L-5-MTHF) Metafolin®	200mcg	50%
Vitamin B12 (as methylcobalamin)	200mcg	3333%
Biotin	200mcg	66%
Pantothenic Acid (as calcium pantothenate)	75mg	750%
Riboflavin 5' Phosphate	5mg	*
Niacinamide	100mg	*
Pyridoxal 5' Phosphate	15mg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium
Silicate, Ascorbyl Palmitate, Silica, and Leucine.

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA