

Fully Active B Complex provides B vitamins that are indispensable for making energy from foods, and for making and maintaining DNA, genes, cells, tissues, organs, and enzyme functions.*

Doctor's Best Fully Active B Complex provides an important set of B Vitamins including fully active folate, Vitamin B6, and Vitamin B12. Supplementing with these B vitamins helps promote optimal health and well-being.*

*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.

Manufactured for **Doctor's Best, Inc.**
California, USA

(800) 777-2474 www.drbbvitamins.com

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YDRB299-2



**Dietary
Supplement**

**Doctor's
BEST®**

**Science-Based
Nutrition™**

**Fully
Active
B Complex**
with
 **Quatrefolic®**

**HELPS SUPPORT ENERGY
PRODUCTION FROM FOODS***

Vegan™

30 Veggie Caps

Supplement Facts

Serving Size 1 veggie capsule
Servings per container 30 servings

	Amount per serving	% Daily Value
Vitamin C (as ascorbic acid)	40 mg	67%
Vitamin B1 (Thiamin, as hydrochloride)	60 mg	4000%
Vitamin B2 (as riboflavin and riboflavin-5-phosphate)	75 mg	4412%
Vitamin B3 (as niacin and niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal-5-phosphate)	50 mg	2500%
Folate (6S)-5-methyltetrahydrofolate (MTHF) (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt from Quatrefolic®)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	1000 mcg	16667%
Biotin	600 mcg	200%
Pantothenic acid (as calcium pantothenate)	100 mg	1000%

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), microcrystalline cellulose, ascorbyl palmitate, silicon dioxide.

Suggested Adult Use: Take 1 capsule daily, with food, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Soy Free / Vegan
Store in a cool dry place.