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Contains no sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial colors, flavors, preservatives or ingredients of animal origin.

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◆ LZ10032.02 BLK7024



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.



ACTIVE B-COMPLEX

WITH QUATREFOLIC® BRAND
METHYLFOLATE

60 VEG CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 capsules

Servings per container 30

Amount per 2 capsules		%DV
Thiamin (as thiamin HCl) (Vitamin B1)	50 mg	3,334%
Riboflavin (as riboflavin and riboflavin-5'-phosphate)	50 mg	2,942%
Niacin (as inositol hexaniacinate)	100 mg	500%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5'-phosphate)	50 mg	2,500%
L-Methyltetrahydrofolate (as Quatrefolic® brand (6S)-5-Methyltetrahydrofolate, glucosamine salt)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	1 mg	16,666%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	1,000%
Choline Bitartrate	250 mg	**
Inositol	250 mg	**

**Daily Value (DV) not established.

Other ingredients: vegetable capsule (modified cellulose), cellulose, calcium laurate, silicon dioxide

Recommendation: Take 1 or 2 capsules daily with meals, or as recommended by your healthcare professional.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.