

store sealed in a cool dry place

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

#### Recommendations

1 capsule daily or as directed  
by your healthcare professional.

#### Warning

If pregnant, consult your  
physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST, WHEAT,  
GLUTEN, MILK/DAIRY, CORN PROTEIN, SOY PROTEIN,  
EGGS, SUGAR, HYDROGENATED OIL, ARTIFICIAL  
COLORING, ARTIFICIAL FLAVORING, OR  
PRESERVATIVES.

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

MADE IN THE USA

Independently tested for  
authenticity, potency, solvent  
residue, stability and bacteria,  
yeast and mold counts.



  
NUTRIENTS

B6 + B  
Complex

DIETARY SUPPLEMENT

60 CAPSULES

VEG  
CAPS

## Supplement Facts

serving size: 1 capsule • servings per container: 60

|                                            | amount<br>per serving | % daily<br>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®            | 400mcg                | 100%             |
| Vitamin B12 (as cyanocobalamin)            | 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, Leucine,  
and Silica.

manufactured by  
**VITAL NUTRIENTS**  
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MIDDLETOWN, CT 06457 USA

REV. 1111