

B-Complex Active Essentials with Quatrefolic®



DIETARY SUPPLEMENT
60 Vegetarian Capsules
GLUTEN FREE / VEGETARIAN

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	% Daily Value**	
Thiamine (Vitamin B-1) (as Thiamine HCl, Benfotiamine)	100 mg	6,667 %
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	25 mg	1,471 %
Niacin (Vitamin B-3) (as Niacinamide)	75 mg	375 %
Pyridoxine (Vitamin B-6) (as Pyridoxal-5-Phosphate)	25 mg	1,250 %
Folate (as Quatrefolic® [6S]-5-Methyltetrahydrofolic acid equivalent to 800 mcg of [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	400 mcg	100 %
Vitamin B-12 (as Methylcobalamin)	400 mcg	6,667 %
Biotin	300 mcg	100 %
Pantothenic acid (Vitamin B5) (as D-calcium pantothenate)	100 mg	1000%
Choline (as Choline bitartrate)	50 mg	†
PABA (para-aminobenzoic acid)	25 mg	†

† Daily Value not established

** Daily Values are based on a 2,000 calorie per day diet

Other Ingredients: Vegetable cellulose (capsule), rice flour and L-leucine

SUGGESTED USE: Take 1 vegetarian capsule as a dietary supplement, preferably with a meal, or as directed by a qualified health care professional.

FREE OF: milk, eggs, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, sugar, artificial sweeteners, colors, flavors, and preservatives.

CAUTION: If you are pregnant, nursing, or taking any medications, consult your doctor before use. Discontinue use and consult doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place and avoid excessive heat.

 **Quatrefolic** is a registered trademark of Gnosis S.p.A. Corporation Patent No. 7,947,662

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

PROD. NO. P1040-60
To refill please contact your practitioner or call
1-877-723-0777
or visit www.patientoneformulas.com

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