

Coenzyme B-Complex contains essential B Vitamins in its active, "coenzymated" form. This complex that you've known and loved for over 15 years now includes Methylfolate (Quatrefolic®) — the most advanced form currently available. And as always, you don't need to worry about the typical Vitamin B taste or odor.

**** 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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, WHEAT OR SOY
YES CERTIFIED VEGAN BY THE AVA	NO MILK OR SUGAR
YES RECYCLABLE PACKAGING	NO PRESERVATIVES
YES MANUFACTURING SUPPORTS	NO ARTIFICIAL COLORS,
WIND POWER	FLAVORS OR SWEETENERS
YES KOSHER	NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility. Quatrefolic® is a registered trademark of Gnosis, SpA. Covered by one or more claims of U.S. Patent # 7,947,662 CAS# 1181972-37-1 Exclusive packaging for iHerb.

Lot No:

Best by:

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Dietary
Supplement

240 Vegan
Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
Country
Life

COENZYME B-COMPLEX CAPS

Certified Gluten-Free

- NOW with Methylfolate
- Supports Energy**

Directions: Adults take one (1) to two (2) capsules daily, preferably before or between meals. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 capsules

Servings Per Container 120

Amount Per Serving	% Daily Value	
Thiamin (vitamin B1) (as thiamine hydrochloride, thiamine cocarboxylase chloride)	50 mg	3,333%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	50 mg	2,941%
Niacin (as inositol hexaniacinate)	100 mg	500%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine α -ketoglutarate hydrochloride)	80 mg	4,000%
Folate (as folic acid, (6S)-5-Methyltetrahydrofolate-glucosamine salt)	800 mcg	200%
Vitamin B12 (as dibenzozide, methylcobalamin)	500 mcg	8,333%
Biotin (as d-Biotin)	200 mcg	67%
Pantothenic Acid (as pantothenic acid, calcium d-pantothenate)	50 mg	500%
Inositol (from 130 mg inositol hexaniacinate)	27 mg	*
Phosphatidylcholine (from sunflower lecithin)	36 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
α -Lipoic Acid	100 mcg	*

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, L-leucine, silica.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

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