

Suggested Usage: Take 2 capsules daily with food. B-Complex Vitamins are needed by the body for energy production, synthesis of blood cells, healthy nervous system function, and countless other metabolic processes.* The forms of the B Vitamins found in foods and most supplements, however, require conversion into their active forms before they can perform their functions as co-factors in biochemical reactions.* NOW® Co-Enzyme B-Complex contains B Vitamins in their active or "Co-enzyme" forms.

*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.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Quatrefolic® is a registered trademark of Gnosis S.p.A. and protected by U.S. Patent 7,947,662.

CODE 0406 V2



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Co-Enzyme B-Complex

With Alpha Lipoic Acid and CoQ10

Nutritional Health

Supports Healthy Nervous System*

60 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (from Magnesium Ascorbate)	60 mg	67%
Thiamin (Vit. B-1) (from Thiamin HCl and Cocarboxylase)	50 mg	4167%
Riboflavin (as Riboflavin & from Riboflavin-5-Phosphate Sodium)	50 mg	3846%
Niacin (Vitamin B-3) (from Inositol Hexanicotinate and NAD Trihydrate)	100 mg	625%
Vitamin B-6 (from Pyridoxine HCl and P-5-P Monohydrate)	50 mg	2941%
Folate [from Quatrefolic® (6S)-5-MTHF** 667 mcg DFE Glucosamine Salt] [400 mcg (6S)-5-MTHF**]		167%
Vitamin B-12 (as Methylcobalamin and Dibencozide)	250 mcg	10,417%
Biotin	1,000 mcg	3333%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate and Pantethine)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
Betaine Anhydrous	50 mg	†
Alpha Lipoic Acid	50 mg	†
PABA (Para-Aminobenzoic Acid)	25 mg	†
Inositol (from Inositol Hexanicotinate, Inositol Hexaphosphate and Inositol)	30 mg	†
CoQ10 (Coenzyme Q10)	10 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Stearic Acid (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

**MTHF = Methyltetrahydrofolate