

For more information, please visit integrativepro.com.

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

Niacinol™ is our preparation of "flush-free" inositol hexaniacinate.

Quatrefolic® is a registered trademark of Gnosis S.p.A.

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

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INTEGRATIVE
THERAPEUTICS®

MULTI-B COMPLEX

60 VEG CAPSULES DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 capsules Servings per container 30

Amount per 2 capsules	%DV	
Thiamin (as thiamin HCl)	100 mg	6,667%
Riboflavin (as riboflavin, riboflavin-5'-phosphate)	120 mg	7,059%
Niacin (as niacinamide, Niacinol™)	150 mg	750%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5'-phosphate)	110 mg	5,500%
Folate (as Folic Acid and Quatrefolic® brand (6S)-5-Methyltetrahydrofolate, glucosamine salt)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	400 mcg	6,667%
Biotin	400 mcg	133%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	1,000%
Choline (as choline bitartrate)	100 mg	**
Inositol	100 mg	**

**Daily Value (DV) not established.

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

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