

Best Fully Active B Complex provides B vitamin forms ("vitamers") proven for absorption and optimal benefit. B vitamins are indispensable for making energy from foods, and for making and maintaining DNA, genes, cells, tissues, organs, and enzyme functions. Supplementing with these B vitamers helps promote optimal health and well-being.* Vitamin C is included for added stability.

Hypoallergenic, with no unhealthy colorants or additives*

*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.

Manufactured for **Doctor's Best, Inc.**
San Clemente, CA 92673

(800) 777-2474 www.drbbvitamins.com

¹ A nutrient naturally built into the body's chemistry



Doctor's BEST[®]

ORTHO¹
Science-Based
Nutrition[™]

*Dietary
Supplement*

**Best^{Fully} Active
B Complex**
featuring



OPTIMIZED FOR
ABSORPTION AND UTILIZATION*



30 Veggie Caps



Supplement Facts

Serving Size 1 capsule Servings per container 30 servings

	Amount per serving	% Daily Value
Vitamin C (as ascorbic acid)	40 mg	67%
Thiamin (Vit. B1) (as hydrochloride)	60 mg	4000%
Vitamin B2 (as riboflavin and riboflavin-5-phosphate)	75 mg	4412%
Vitamin B3 (as niacin and niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal-5-phosphate)	50 mg	2500%
(6S)-5-methyltetrahydrofolate (MTHF) (elemental, as 800 mcg (6S)-5-methyltetrahydrofolic acid, glucosamine salt (vegetarian source))	400 mcg	100%
Vitamin B12 (as methylcobalamin)	1000 mcg	16667%
Biotin	600 mcg	200%
Pantothenic acid (as calcium pantothenate)	100 mg	1000%

Other Ingredients: Modified cellulose (vegetarian capsule), cellulose, ascorbyl palmitate, medium chain triglycerides, silicon dioxide.

Suggested Use: Take 1 capsule daily after meals (up to 3 capsules under physician supervision). Children ages 9-18, take 1 capsule daily. Not intended for children under 9 years.

Suitable for Vegetarians and Vegans
CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS
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