

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT

### Recommendations

1 capsule per day, or as directed by  
your healthcare professional.

### Warning

If pregnant, consult your physician  
before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT, RYE,  
BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>,  
EGG PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING

Metafolin® is a registered trademark  
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Raw materials and finished products are  
independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)



# B-Complex

**DIETARY SUPPLEMENT**  
**60 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size: 1 vegetarian capsule

Servings Per Container: 60

	Amount Per Serving	%DV
Thiamin (Vitamin B1 as thiamine HCl)	100mg	8333%
Riboflavin (Vitamin B2)	25mg	1923%
(and as riboflavin 5'phosphate)	10mg	834%
Niacin (Vitamin B3 as niacinamide)	75mg	469%
Vitamin B6		
(as pyridoxine HCl)	25mg	1471%
(as pyridoxine 5'phosphate)	15mg	999%
Folate (Vitamin B9 as L-5-MTHF)	680mcg DFE	170%
Vitamin B12 (as methylcobalamin)	500mcg	20833%
Biotin (Vitamin B7)	400mcg	1333%
Pantothenic Acid	200mg	4000%
(Vitamin B5 as calcium pantothenate)		

Other Ingredients: Vegetable Cellulose Capsule,  
Magnesium Silicate, Ascorbyl Palmitate, Silica, and Leucine.

manufactured by  
**VITAL NUTRIENTS**  
45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA