

Recommendation: Adults take 1 or 2 capsules daily, preferably with food, or as recommended by a healthcare professional. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

For more information, please visit integrativepro.com.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Contains no wheat, gluten, soy, dairy, or artificial colors or flavors.

Quatrefolic® is a registered trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.

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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.

INTEGRATIVE
THERAPEUTICS®

ACTIVE B-COMPLEX

WITH QUATREFOLIC® BRAND
METHYLFOLATE

60 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Capsules

Servings per Container 30

Amount per Serving		% DV**
Thiamin (as thiamin HCl)	50 mg	4,167%
Riboflavin (as riboflavin-5'-phosphate, vitamin B2)	50 mg	3,846%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxal-5'-phosphate, pyridoxine HCl)	50 mg	2,941%
Folate	800 mcg DFE	200%
	(837 mcg Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Biotin	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	120 mg	22%
Inositol	60 mg	**

**Daily Value (DV) not established.

Other ingredients: plant-derived capsule (hypromellose), cellulose, magnesium stearate, ascorbyl palmitate, silica