

**Directions:** Adults take one (1) to two (2) capsules daily, preferably before or between meals. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care/lab providers.

Lot No:

**21B845A**  
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**03/24**

Best by:



**Supplement Facts**

**Serving Size** 2 capsules  
**Servings Per Container** 30

Amount Per Serving	% Daily Value
Thiamin (vitamin B1) (as thiamine HCl, thiamine cocarboxylase chloride)	50 mg 4,167%
Riboflavin (vitamin B2) (as riboflavin, riboflavin 5' phosphate)	50 mg 3,846%
Niacin (as inositol hexaniacinate)	100 mg 625%
Vitamin B6 (as pyridoxine hydrochloride, pyridoxal 5' phosphate, pyridoxine alpha-ketoglutarate hydrochloride)	50 mg 2,941%
Folate (from 1,228 mcg L-5-Methyltetrahydrofolate - calcium salt)	667 mcg DFE 167%
Vitamin B12 (as dibenzoyide, methylcobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	200 mcg 667%
Pantothenic Acid (as calcium d-pantothenate, panthethine)	50 mg 1,000%
Choline (as choline bitartrate)	55 mg 10%
PABA (para-aminobenzoic acid)	50 mg *
Inositol (from 130 mg inositol hexaniacinate)	27 mg *
alpha-Lipoic Acid	100 mcg *

\* Daily Value not established.

**Other Ingredients:** Cellulose, cellulose (capsule shell), silica, rice bran extract, vegetable glaze, sunflower oil.

This product has been manufactured at a GMP Registered facility.

**CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

**Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.**

Manufactured by Country Life, LLC  
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
 CountryLifeVitamins.com  
 Product No. 6418

Coenzyme B-Complex contains essential B Vitamins in its active, "coenzymated" form. This complex that you've known and loved for over 15 years includes Methylfolate – one of the most advanced forms currently available. And as always, you don't need to worry about the typical Vitamin B taste or odor. Now with choline, an essential nutrient that is needed to form acetylcholine, an important neurotransmitter.\*\*

- YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG
- YES** CERTIFIED VEGAN BY THE AVA
- YES** RECYCLABLE PACKAGING
- YES** MANUFACTURING SUPPORTS WIND POWER
- YES** KOSHER

- NO** YEAST, WHEAT OR SOY
- NO** MILK, SUGAR OR PRESERVATIVES
- NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- NO** MAGNESIUM STEARATE



\*\* 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.

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- Supports metabolism of fats and cholesterol\*\*

Dietary Supplement : **60 Vegan Capsules**

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 CONSISTENCY • ACCURACY