

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.\*\*

\*\*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.

<b>YES</b> CERTIFIED GLUTEN-FREE BY GFCO.ORG	<b>NO</b> YEAST, WHEAT OR SOY
<b>YES</b> CERTIFIED VEGAN BY THE AVA	<b>NO</b> MILK OR SUGAR
<b>YES</b> RECYCLABLE PACKAGING	<b>NO</b> PRESERVATIVES
<b>YES</b> MANUFACTURING SUPPORTS WIND POWER	<b>NO</b> ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
<b>YES</b> KOSHER	<b>NO</b> MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Lot No:

**21C524A**  
**139 09:17 02**  
**03/24**

Best by:



ESTABLISHED  
— 1971 —

**Country  
Life**

**NOW WITH  
CHOLINE**

# COENZYME B-COMPLEX

**Certified Gluten-Free**

- ▶ With L-5-Methyltetrahydrofolate
- ▶ Supports energy & healthy cognitive function\*\*
- ▶ Supports metabolism of fats and cholesterol\*\*

Dietary Supplement : **240** Vegan Capsules

— *Our PLEDGE of INTEGRITY* —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

**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.

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 120

Amount Per Serving	% Daily Value
Thiamin (vitamin B1) (as thiamine hydrochloride, 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 <i>alpha</i> -ketoglutarate hydrochloride)	50 mg 2,941%
Folate (from 1,228 mcg L-5-Methyltetrahydrofolate - calcium salt)	667 mcg DFE 167%
Vitamin B12 (as dibenzozide, methylcobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	200 mcg 667%
Pantothenic Acid (as calcium d-pantothenate, pantethine)	50 mg 1,000 %
Choline (as choline bitartrate)	55 mg 10%
PABA ( <i>para</i> -aminobenzoic acid)	50 mg *
Inositol (from 130 mg inositol hexaniacinate)	27 mg *
<i>alpha</i> -Lipoic Acid	100 mcg *

\* Daily Value not established.

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