

Supplement Facts

Serving Size 2 Capsules • Servings Per Container 30

	Amnt/Serv	% DV*
B1 - as BenfoPure® Benfotiamine	75 mg	†
B2 - Riboflavin 5'- phosphate (R5P)	25 mg	1923%
B3 - as NADH - PANMOL® Bioactive Niacin	10 mg	†
B5 - Pantethine as Pantestin®	200 mg	†
B6 - Pyridoxal 5'- phosphate (P5P)	40 mg	2353%
B7 - Biotin	300 mcg	1000%
Folate - as Metafolin® L-5-Methyltetrahydrofolate (L-5-MTHF) 680 mcg DFE (400 mcg L-MTHF)	400 mcg	100%
Folate - as Folinic Acid (Calcium Folate) 340 mcg DFE	200 mcg	50%
B12 - Methylcobalamin	288 mcg	12000%
B12 - Adenosylcobalamin	180 mcg	7500%
Magnesium - as Magnesium Malate	50 mg	12%
Zinc - as Zinc Picolinate	11 mg	100%
TMG - as Betaine	200 mg	†
Choline (as Alpha-GPC)	150 mg	†

OTHER INGREDIENTS: Veggie Caps (hydrocellulose), NADH Microencapsulation: Plant fats, beeswax and chlorophyll, calcium phosphate †Daily Value not established.

REV BC60C91219MEL



Super-Potency B-Complex Methylated

ENERGY • MOOD • VITALITY

60 capsules - dietary supplement

SUGGESTED USE: Take 2 capsules once daily or 1 capsule twice daily. Avoid taking close to bedtime. Check with your healthcare practitioner before taking, especially if you are pregnant or nursing, taking medications or other supplements. Keep out of reach of children.

**These statements have not been evaluated by the FDA. This product is a dietary supplement and not intended to diagnose, treat, cure, or prevent any disease.



Best if used within 2 years of manufacture date on bottom.

Does NOT contain: stearate, GMOs, dairy, soy, gluten, corn, sucrose, casein, starch, yeast, wheat, or artificial colors, flavors, and sweeteners

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