

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



Manufactured and Distributed by:
 Mother Earth Labs, Inc.
 San Antonio, TX 78255
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Super-Potency B-Complex

Methylated

ENERGY • MOOD • VITALITY

60 capsules - dietary supplement

Supplement Facts

Serving Size 2 Capsules
 Servings Per Container 30

	Amnt/Serv	% DV*
B1 Thiamin as BenfoPure® Benfotiamine	75 mg	*
B2 Riboflavin as Riboflavin 5'-Phosphate (R5P)	25 mg	1924%
B3 Niacin as NADH - PANMOL®	10 mg	*
B6 as Pyridoxal 5'-Phosphate (P5P)	40 mg	2352%
Folate as Metafolin®	680 mcg DFE	170%
L-5-Methyltetrahydrofolate (L-5MTHF) (400 mcg L-MTHF)		
Folate as Folinic Acid (Calcium Folate)	340 mcg DFE	85%
B12 as Methylcobalamin	288 mcg	12000%
B12 as Adenosylcobalamin	180 mcg	7500%
Biotin	300 mcg	1000%
Pantothenic Acid as Pantestin® Pantethine	200 mg	*
Magnesium as Magnesium Malate	50 mg	12%
Zinc as Zinc Picolinate	11 mg	100%
Choline as Alpha-GPC	150 mg	28%
TMG as Betaine	200 mg	†

OTHER INGREDIENTS: Veggie capsules (hypro/cellulose), NADH Microencapsulation: Plant fats, beeswax, and chlorophyll, calcium phosphate †%Daily Value not established.

REV BC60C1020MEL