



# B Complex

Enhanced Absorption



Dietary Supplement

Professional Use Only

100 Vegetarian Capsules

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

Amount Per Capsule	% Daily Value	
Calcium (as calcium carbonate and calcium D-pantothenate)	30 mg	2%
Thiamin (as thiamin HCl)	15 mg	1250%
Riboflavin	17 mg	1308%
Niacin (as niacinamide)	200 mg	1250%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	20 mg	1176%
Folate (as Metafolin®‡ L-5-methyltetrahydrofolate)	680 mcg DFE	170%
Vitamin B <sub>12</sub> (as methylcobalamin)	6 mcg	250%
Biotin	300 mcg	1000%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	25 mg	5%
Inositol	40 mg	*
<i>para</i> -Aminobenzoic Acid	25 mg	*

\*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water) and silicified microcrystalline cellulose.

Distributed by:  
ADAPTOGEN RESEARCH®  
625 Barksdale Road, Ste. 113  
Newark, DE 19711

Report any adverse reactions to (302) 213-0030

**Suggested Use:** As a dietary supplement, take 1 capsule daily, or as directed by your health care practitioner.

‡Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany 

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. **KEEP OUT OF REACH OF CHILDREN.**

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.

**Notice:** Color, size or shape may appear different between lots.

