

PRODUCT DATA SHEET

B Complex #1



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Extra thiamin in a full B-complex formula

- Unlike many B vitamin products, B-Complex #1 contains the active forms for enhanced bio-availability*
- B-Complex #1 contains an optimal balance of essential B vitamins with extra vitamin B1
- B-Complex #1 is yeast free

B-COMPLEX #1

S u p p l e m e n t F a c t s		
Serving Size: One Capsule		
Servings Per Container: 60		
Each Capsule Contains:		% DV
Thiamin (as Thiamin HCl)	157 mg	10,467%
Riboflavin (25 mg as Riboflavin and 3.6 mg as Riboflavin 5'-Phosphate Sodium)	28.6 mg	1,682%
Niacin (as Niacinamide)	80 mg	400%
Vitamin B6 (20 mg as Pyridoxine HCl and 3.4 mg as Pyridoxal 5'-Phosphate)	23.4 mg	1,170%
Folate (100 mcg as Calcium Folate and 100 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	200 mcg	50%
Vitamin B12 (50 mcg as Adenosylcobalamin and 50 mcg as Methylcobalamin)	100 mcg	1,667%
Biotin	80 mcg	27%
Pantothenic Acid (as Calcium Pantothenate)	45 mg	450%
Choline Citrate	40 mg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, MagnesiumCitrateLaurate, Silicon Dioxide.

60 Vegetarian Capsules

Code: B101

Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Pregnancy Warning

If pregnant, consult your health-care practitioner before using this product.

Interactions

Folinic acid and 5-methyltetrahydrofolate supplementation is not recommended concurrent with methotrexate cancer therapy, as they can interfere with methotrexate's anti-neoplastic activity; however, these folate sources have not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

Suggested Use

Take 1 capsule one to three times daily or as recommended by a health-care practitioner.

Additional Notes

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.