

PRODUCT DATA SHEET

Basic B Complex



Basic B Complex

Comprehensive B complex support*

- Unlike many B vitamin products, Basic B Complex contains the active forms for enhanced bioavailability*
- Basic B Complex contains an optimal balance of essential B vitamins
- Basic B Complex is yeast free

BASIC B COMPLEX

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)	40 mg	2,667%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	11 mg	647%
Niacin (130 mg as Niacinamide and 10 mg as Niacin)	140 mg	700%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%
Folate (200 mcg as Calcium Folate and 200 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Vitamin B12 (200 mcg as Adenosylcobalamin and 200 mcg as Methylcobalamin)	400 mcg	6,667%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1,000%
Choline Citrate	80 mg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Magnesium Citrate/Laurate, Silicon Dioxide.

60 Vegetarian Capsules
Code: B104

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.