

ENERGY METABOLISM

Vitamin B Complete

Give your day
a B-vitamin foundation.*



Your body uses B vitamins to turn nutrition into everyday function. Vitamin B Complete pairs the B-vitamin family with 5-MTHF, methylcobalamin B12 and VitaCholine®.*

THE DETAILS THAT MATTER

Energy starts with nutrition*

B vitamins participate in the processes that help your body use the food you eat.*

Know your B12*

Methylcobalamin is an active form of B12, a nutrient required for normal nerve function.*

Folate, clearly identified

The label specifies 5-MTHF, with its amount expressed as dietary folate equivalents.

Look past a generic B-complex name. The forms and amounts tell the fuller story.

Supplement Facts

Serving Size: 1 Capsule

Servings per container: TBD

Amount Per Serving	% Daily Value	
Vitamin B1 (from Thiamine HCl)	42 mg	3500%
Vitamin B2 (Riboflavin)	14 mg	1077%
Vitamin B3 (as Niacinamide and Inositol HexaNicotinate)	122 mg NE	763%
Vitamin B6 (Pyridoxine HCl)	15 mg	882%
Folate (as L-5-Methyitetrahydrofolate Calcium)(5-MTHF)	100 mcg DFE	25%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Biotin (as D-Biotin)	30 mcg	100%
Vitamin B5 (from d-Calcium Pantothenate)	45 mg	900%
Choline (from Choline Dihydrogen Citrate) (VitaCholine®)	100 mg	18%
PABA (Para-Aminobenzoic Acid)	30 mg	*
Inositol (from Inositol HexaNicotinate)	25 mg	*

* Daily Value not Established

[View original facts source >](#)

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

Pill image shown at illustrative scale.