

Vitamin B Complex



LIFESTYLE
SPECTRUM

Clinical Applications

- Support Healthy Response to Stress and Fatigue
- Support Carbohydrate Metabolism/Possibly Reduce AGEs
- Support Healthy Nervous System/Adrenal / Immune Function
- Support Healthy Hormone Balance
- Support Cardiovascular Health (including blood cells)
- Support Cognition and Healthy Mood

*Vitamin B Complex contains the entire spectrum of B vitamins to support a very wide range of bodily and stress-related functions. It features activated forms of vitamins B2, B6 and B12, with the addition of Benfotiamine, a patented, safe, fat-soluble, more physiologically-active form of thiamin.**

Vitamin B Complex Meets or Exceeds cGMP quality Standards

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Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 90



	Amount Per Serving	%Daily Value
Vitamin B1 (thiamine HCL)	20 mg	1,333%
Vitamin B2 (riboflavin 5' phosphate)	20 mg	1,176%
Vitamin B3 (as niacin)	10 mg	50%
Vitamin B3 (as niacinamide)	130 mg	650%
Vitamin B6 (as pyridoxal 5' phosphate)	20 mg	1,000%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as methylcobalamin)	400 mcg	6,666%
Biotin	400 mcg	133%
Vitamin B5 (as pantothenic acid)	150 mg	1,500%
Choline (as citrate)	30 mg	**
Benfotiamine	20 mg	**

** Daily Value not established.

Other Ingredients: Vegetarian Capsule (HPMC and water), cellulose, silicon dioxide and magnesium stearate.

Dosing

Take one or two capsules per day or as directed by your healthcare practitioner.

Cautions

Consult your healthcare practitioner if you have or suspect you have a medical condition, are taking prescription drugs or are pregnant or lactating.

Additional references available upon request

*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.

