

Recommended Dose: Take 1 capsule daily or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.

[†]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.



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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



vs 166-60U
Manufactured for
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Pittsburgh, PA 15275
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GENESTRA
BRANDS®

Active B Complex

Dietary Supplement

Supports energy metabolism and a healthy nervous system[†]

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings per Container 60

	Amount Per Serving	% DV
Thiamin (as thiamin hydrochloride)	50 mg	4,167%
Riboflavin (as riboflavin 5'-phosphate sodium)	25 mg	1,923%
Niacin (as niacinamide)	100 mg	625%
Vitamin B ₆ (as pyridoxal 5'-phosphate)	25 mg	1,471%
Folate (as Metafolin® L-5-MTHF) (400 mcg L-5-MTHF)	667 mcg DFE	167%
Vitamin B ₁₂ (as methylcobalamin)	400 mcg	16,667%
Biotin	300 mcg	1,000%
Pantothenic Acid (as calcium d-pantothenate)	110 mg	2,200%
Choline (as choline bitartrate)	25 mg	5%
Inositol	25 mg	*

* Daily value (DV) not established

Other Ingredients: Hypromellose, cellulose, ascorbyl palmitate, silica
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany