

# WELLNESS B COMPLEX



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WELLNESS  
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B vitamins are essential for optimal health and functioning of numerous biochemical reactions in the body. They are required in the diet on a daily basis to support energy production, brain, liver and nerve cell function, and muscle tone in the GI tract. This high-potency B complex vitamin supplement is uniquely formulated to provide amounts and sources of B vitamins that are efficiently utilized and well-tolerated by the body.

## Some actions noted for Wellness B Complex include:

- **Activated Folate:** Metafolin<sup>®\*\*</sup> L-5-methyltetrahydrofolate (L-5-MTHF), a bioactive form of folate, is included to help ensure more immediate effects on metabolism compared to folic acid. L-5-MTHF is especially useful for supporting neurological system requirements as it is the only form of folate that crosses the blood-brain barrier.

- **Activated Vitamin B12:** The methylcobalamin form of vitamin B12 is exceptionally well-absorbed and readily used by the body. Methylcobalamin, is especially useful for supporting neurological function and homocysteine metabolism.

- **Additional Support:** Inositol, choline, and paraaminobenzoic acid (PABA) have been included along with the eight essential B vitamins. These naturally-occurring compounds are related to B vitamins and have been shown to have benefit in a variety of metabolic functions.

- **Hypoallergenic:** This product contains no yeast, wheat/gluten, milk/casein, soy, artificial colors, flavors, or preservatives.

This product was made in a GMP and ISO 9001:2008 registered facility.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

Amount Per Capsule	% Daily Value	
Thiamin (as thiamin HCl)	15 mg	1250%
Riboflavin	17 mg	1308%
Niacin (as niacinamide)	200 mg	1250%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	20 mg	1176%
Folate (as Metafolin <sup>®†</sup> calcium L-5-methyltetrahydrofolate)	680 mcg DFE (400 mcg)	170%
Vitamin B <sub>12</sub> (as methylcobalamin)	6 mcg	250%
Biotin (D-biotin)	300 mcg	1000%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	25 mg	5%
Inositol	40 mg	*
<i>para</i> -Aminobenzoic Acid	25 mg	*

\*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, and ascorbyl palmitate.

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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.