

VITAMIN B COMPLEX

Coenzymated & Activated

Nordic Naturals Vitamin B Complex is a blend of eight highly absorbable, water-soluble B vitamins. Expertly formulated to deliver physiologically meaningful doses of each vitamin to support daily cellular maintenance and optimize critically important metabolic activities throughout the body.*

- ✓ Activated methylfolate (MTHF or L-5-methyltetrahydrofolate)—a vitamin critical to DNA synthesis and important during pregnancy*
- ✓ Vitamin B12 (as active methylcobalamin) at a dose designed for general cellular metabolic support—especially important for vegans and vegetarians*
- ✓ Metabolically active vitamin B6 as pyridoxal 5'-phosphate (or P5'P)—an important cofactor for over 100 enzymes found throughout the body
- ✓ Superior forms in optimal ratios
- ✓ Just one capsule per day
- ✓ Non-GMO, Certified Vegan/Vegetarian



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 45

Amount Per Serving	% Daily Value**
Thiamine (as thiamine mononitrate) (Vitamin B1)	37 mg 3083%
Riboflavin (as riboflavin 5'-phosphate) (Vitamin B2)	26.6 mg 2046%
Niacin (as inositol hexanicotinate)	37 mg 231%
Vitamin B6 (as pyridoxal 5'-phosphate)	45 mg 2647%
Folate (as L-5 MTHF)	333 mcg DFE† 83%
Vitamin B12 (as methylcobalamin)	250 mcg 10417%
Biotin	300 mcg 1000%
Pantothenic acid (as d-pantothenate) (Vitamin B5)	60 mg 1200%

**Percent Daily Values are based on a 2,000 calorie diet.
†DFE= Dietary Folate Equivalents

Other Ingredients: capsule (vegetable cellulose), microcrystalline cellulose, silica, magnesium stearate.

No gluten, milk derivatives, wheat, soy, or artificial colors or flavors.



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