

**SUGGESTED USE:** Adults, as a dietary supplement, take one (1) capsule in the morning and one (1) capsule in the evening.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**



Mood & Stress Management<sup>†</sup>



Energy Production<sup>†</sup>



Enhanced Bioavailability<sup>†</sup>

<sup>†</sup>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.

Formula # 202301-180 / 84093832

10270-v101



# DR. MERCOLA<sup>®</sup>

## VITAMIN B COMPLEX WITH BENFOTIAMINE

180 CAPSULES

DIETARY  
SUPPLEMENT

### Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 180

	Per Capsule		Per Day (2 Capsules)	
	Amount	%DV	Amount	%DV
Thiamin (Vitamin B1)	0.75 mg	63%	1.5 mg	125%
Riboflavin (Vitamin B2)	0.85 mg	65%	1.7 mg	131%
Niacin (Vitamin B3)	10 mg	63%	20 mg	125%
Vitamin B6 (as Pyridoxine)	1 mg	59%	2 mg	118%
Folate (Vitamin B9)	330 mcg DFE (Folic Acid equivalent 200 mcg)	83%	665 mcg DFE (Folic Acid equivalent 400 mcg)	166%
Vitamin B12 (as Cobalamin)	3 mcg	125%	6 mcg	250%
Biotin	150 mcg	500%	300 mcg	1000%
Pantothenic Acid (Vitamin B5)	5 mg	100%	10 mg	200%
Organic B Complex Vitamins <sup>^</sup> (from Organic Quinoa Sprouts)	500 mg	*	1,000 mg	*
Benfotiamine	75 mg	*	150 mg	*

\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Capsule (Hydroxypropyl Methylcellulose), Microcrystalline Cellulose, Ascorbyl Palmitate, Silicon Dioxide.

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral FL 33991 USA (877) 985-2696

Providing quality products since 2001.

**PANMOL<sup>®</sup>**

<sup>^</sup>PANMOL<sup>®</sup> is a registered trademark of vis vitalis gmbh.