

**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.**

Providing quality products since 2001.

# DR. MERCOLA®

## VITAMIN B COMPLEX WITH BENFOTIAMINE

60 CAPSULES

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Per Capsule Amount %DV		Per Day (2 Capsules) Amount %DV	
Thiamin (Vitamin B <sub>1</sub> )	0.75 mg	63%	1.5 mg	125%
Riboflavin (Vitamin B <sub>2</sub> )	0.85 mg	65%	1.7 mg	131%
Niacin (Vitamin B <sub>3</sub> )	10 mg	63%	20 mg	125%
Vitamin B <sub>6</sub> (as Pyridoxine)	1 mg	59%	2 mg	118%
Folate (Vitamin B <sub>9</sub> )	330 mcg DFE	83%	665 mcg DFE	166%
	(Folic Acid equivalent 200 mcg)		(Folic Acid equivalent 400 mcg)	
Vitamin B <sub>12</sub> (as Cobalamin)	3 mcg	125%	6 mcg	250%
Biotin	150 mcg	500%	300 mcg	1000%
Pantothenic Acid (Vitamin B <sub>5</sub> )	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

PANMOL®

^PANMOL® is a registered trademark of vis vitalis gmbh.

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