



| <b>Supplement Facts</b>   |         |               |
|---|---------|---------------|
| Serving Size 1 capsule  |         |               |
| Servings Per Container 120  |         |               |
| Amount Per Serving  |         | % Daily Value |
| Vitamin B1 (as Thiamine HCl)  | 100 mg  | 6667%         |
| Vitamin B2<br>(as Riboflavin HCl 35 mg; Riboflavin-5-Phosphate 15 mg) | 50 mg   | 2941%         |
| Vitamin B3<br>(as Niacinamide)  | 50 mg   | 250%          |
| Vitamin B6<br>(as Pyridoxine HCl 40 mg; Pyridoxyl-5-Phosphate 10 mg)  | 50 mg   | 2500%         |
| Folates (NatureFolate™ blend)   | 200 mcg | 50%           |
| Vitamin B12 (as Methylcobalamin)                                      | 250 mcg | 4167%         |
| Biotin (as d-Biotin)  | 2 mg    | 667%          |
| Vitamin B5 (as Pantothenic Acid)                                      | 100 mg  | 1000%         |
| Choline   | 200 mg  | *             |
| Trimethylglycine  | 200 mg  | *             |

**Other Ingredients:** Microcrystalline cellulose, vegetable stearate.

Recommended Use: As a dietary supplement, take one capsule per day with a meal or as directed by your health care practitioner.



**B-Supreme**

**Recommended For: General Vitality**

This powerful and effective B vitamin combination formula supplies B vitamins in their preferred coenzymated forms, where possible, so the body does not have to phosphorylate them in order to utilize them in biochemical reactions. B-Supreme also includes our proprietary NatureFolate™ blend of active isomer, naturally-occurring folates. Choline was added and TMG was increased to support efficient methylation for optimal genetic expression.

'These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.'

