

PRODUCT DATA SHEET

B-COMPLEX #5

DESCRIPTION

Dietary Supplement

B-Complex #5

Supplement Facts		
Serving Size: One Capsule	Servings Per Container: 60	
Each Capsule Contains:	% DV	
Thiamine (as Thiamine HCl)	40 mg.	2667%
Riboflavin (from 25 mg. Riboflavin and 5 mg. Riboflavin 5'- Phosphate)	28.6 mg.	1682%
Niacin (as Niacinamide)	80 mg.	400%
Vitamin B6 (from 25 mg. Pyridoxine HCl and 5 mg. Pyridoxal 5'- Phosphate)	23.4 mg.	1170%
Folate (100 mcg as Calcium Folate and 100 mcg as 5-Methyl-tetrahydrofolate)	200 mcg.	50%
Vitamin B12 (50 mcg as Adenosylcobalamin and 50 mcg as Methylcobalamin)	100 mcg.	1667%
Biotin	80 mcg.	27%
Pantothenic Acid (as Calcium Pantothenate)	225 mg.	2250%
Choline Citrate	40 mg.	*

*Daily Value (DV) not established.

Other Ingredients: Magnesium Citrate/Laurate,† Hypromellose (derived from cellulose) capsule, Silicon Dioxide.†

†A hypoallergenic ingredient used to fill space.

B105 / 60 Vegetarian Capsules

EXCIPIENT FREE

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, sweeteners, or flavors. This product also does not contain lactose, palmitic acid, or magnesium, calcium, or vegetable stearates.

HOW SUPPLIED

B-Complex #5 is supplied in bottles of 60 two-piece vegetarian capsules. Packed 12 bottles per case.

CONTRAINDICATIONS AND WARNINGS

Active folate supplementation is not recommended concurrently with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, neither 5-Methyl-tetrahydrofolate or folic acid has not been shown to interfere with the anti-inflammatory activity of methotrexate. A patient taking methotrexate for psoriasis, rheumatoid arthritis, or juvenile rheumatoid arthritis can safely take a folate supplement.

INTERACTIONS

No known adverse interactions at publication date.

PREGNANCY WARNING

A patient who is pregnant or nursing, or who might become pregnant, should consult a health-care practitioner before using this product.

DOSAGE

Adult patients: 1-3 capsules daily, or as otherwise directed by a health-care practitioner.

STORAGE

Store tightly sealed in a cool dry place, away from direct light. Keep out of the reach of children.

MANUFACTURED BY

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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.

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