



# Super Vitamin B

## Non Yeast or Corn Derived

Super Vitamin B is an advanced and complete B-vitamin supplement, formulated especially for those who require the least amount of allergens. It provides substantial amounts of all eleven B-vitamins, including the co-enzyme forms of vitamins B2 and B6 for enhanced bioavailability, and extra pantothenic acid for adrenal support.\* Instead of using vitamins derived from allergen-containing plant sources such as yeast or corn, the B vitamins in this formula are synthesized from hydrocarbons, which originate ultimately from living sources, with very low allergy potential.

### Key Features

- Formulated especially for those who require the least amount of allergens
- Includes the co-enzyme forms of vitamins B2 and B6 for enhanced bioavailability\*
- Also includes extra pantothenic acid for adrenal support\*
- Modest dose per pill allows for flexible divided dosing schedules



SKU #70340

120 vegetarian capsules

# Super Vitamin B Complex

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 60

Amount Per Serving	% Daily Value*	
Thiamine (as Thiamine Hydrochloride)	50 mg	4167 %
Riboflavin (as Riboflavin 5-Phosphate)	50 mg	3846 %
Niacin (as Niacinamide)	150 mg NE	938 %
Vitamin B6 (97% as Pyridoxine Hydrochloride and 3% as Pyridoxal-5-Phosphate)	103 mg	6059 %
Folic (as 400 mcgDFE of Folic Acid)	667 mcg DFE	167 %
Vitamin B12 (as Cyanocobalamin)	200 mcg	8333 %
Biotin	200 mcg	667 %
Pantothenic Acid (as Calcium Pantothenate)	250 mg	5000 %
Choline Bitartrate	250 mg	†
Inositol	100 mg	†
PABA (Para-Aminobenzoic Acid)	100 mg	†

† Daily Value not established \* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.

**Suggested Use:** As a dietary supplement, 1 or 2 capsules two times daily with meals, or as directed by a healthcare practitioner.

## Individual B Vitamin Products

- **B12 Adenosylcobalamin 3000 µg with Folic Acid** 60 Vegetarian Lozenges  
SKU #76570
- **B12 Methylcobalamin 3000 µg with Folic Acid** 50 Vegetarian Lozenges  
SKU #76560
- **Biotin 5000** 60 Vegetarian Caps  
SKU #70350
- **HiBiotin®** 90 Vegetarian Capsules  
SKU #77090
- **Niacin Vitamin B3** 90 Vegetarian Caps  
SKU #70360
- **No-Flush Niacin** 75 Vegetarian Caps  
SKU #70370
- **Pantothenic Acid** 90 Vegetarian Caps  
SKU #70380
- **Pyridoxine P5P Vitamin B6**  
60 Vegetarian Caps SKU #70390
- **QuatreActiv® Folate 4th Generation 5-MTHF** 90 Vegetarian Capsules S  
SKU #76530