

**store sealed in a cool, dry place**

**KEEP OUT OF REACH OF CHILDREN.  
USE ONLY IF SAFETY SEAL IS INTACT.**

**Suggested Use:** Take 1 capsule per day, or as directed by your healthcare practitioner.

**Warning:** If you are pregnant or nursing, taking medication, or have a medical condition, consult your healthcare practitioner before use.

**Gluten-Free and Hypoallergenic.  
Vegan and Non-GMO.**

Metafolin® is a registered trademark  
of Merck KGaA, Darmstadt, Germany.



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\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Learn more about our quality commitment at [vitalnutrients.co](https://vitalnutrients.co)



# B-Complex

Balanced B-vitamin formula for  
nervous system and metabolic support<sup>†</sup>

DIETARY SUPPLEMENT

240 VEGAN CAPSULES

Supplement Facts		
<b>Serving Size: 1 capsule</b>		
<b>Servings Per Container: 240</b>		
	Amount Per Serving	%DV
Thiamin (Vitamin B1) (as thiamine HCl)	100mg	8,333%
Riboflavin (Vitamin B2) (as vitamin B2 and riboflavin 5'-phosphate)	35mg	2,692%
Niacin (Vitamin B3) (as niacinamide)	75mg	469%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	40mg	2,353%
Folate (as calcium L-5-methyltetrahydrofolate, Metafolin®) (400mcg folic acid)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	500mcg	20,833%
Biotin (Vitamin B7)	400mcg	1,333%
Pantothenic Acid (Vitamin B5) (as calcium pantothenate)	200mg	4,000%
Daily Value (DV)		

Other Ingredients: Vegetarian Capsule (cellulose), Ascorbyl Palmitate, Silica, Leucine.






MANUFACTURED BY **VITAL NUTRIENTS**  
45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA

Part Number	VN.BX240.REV01
Description	VN.BX240.REV01_3.5x8.875_FINAL_OUTLINED
Die/Tooling	(Z569) H 3.5000 x W 8.8750
Material	White Poly (Removable)
Finish	Gloss Finish

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BEFORE SIGNING

Please review all artwork for design, spelling, and all other content based edits. Please SIGN in appropriate box to the right (signature will be accepted as full approval to proceed with production of any open orders.). Labels larger than the available area on this proof may not be to scale. Color may shift when laminated or coated during the finishing process. Please request finished proofs if final color is critical.

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 Customer	Blueroot Health
 Proof Output File	VN.BX240.REV01_3.5x8.875_FINAL_OUTLINE D.pdf
 Proof Output Date	Tuesday, April 15, 2025
 Signature	<i>John Troup</i>
 Signature Date	04/16/25



# VN.BX240.REV01 - VN.BX240.REV01\_3.5x8.875\_FINAL\_OUTLINED - DigitalProof

Final Audit Report

2025-04-16

Created:	2025-04-16
By:	Amy Pena (apena@blueroothealth.co)
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-  Document created by Amy Pena (apena@blueroothealth.co)  
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