

**USAGE:** Take 1 capsule per day with a meal or as directed by your qualified healthcare professional.

**WARNING:** This product contains vitamin B<sub>3</sub> (niacin), which may cause a "niacin flush," especially when taken on an empty stomach. Symptoms are transient – typically lasting for approximately one-half hour – and may include burning, tingling, and itching sensations along with reddening of the skin. In some cases, dizziness and/or shortness of breath may occur. If a severe reaction occurs, drink plenty of water and discontinue use.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

**B-Right®** is a carefully-balanced, low-odor vitamin B-Complex formula.

**Methyl folate** ((6S)-5-methyltetrahydrofolate or (6S)-5-MTHF) is the most biologically active form of folate.\* Quatrefolic® is the 4th generation development in folate delivery.

**Methylcobalamin** is better absorbed, retained and utilized than other forms of B<sub>12</sub>.\* Methylcobalamin and niacin support brain and nerve tissue.\*

**Pantethine** is a derivative of vitamin B<sub>5</sub> and is a precursor to Coenzyme A (CoA), which is involved in oxidative metabolism.\*

**Pyridoxal 5-Phosphate (P-5-P)** is the coenzyme form of vitamin B<sub>6</sub> and is necessary for the metabolism of proteins and amino acids.\*

Keep out of the reach of children.

Store in a cool, dry place.

\* 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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PROD # 101006



Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation<sup>SM</sup>

P.O. Box 35994

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**Jarrow**  
FORMULAS®

Low-Odor B-Complex

**B-Right®**

Optimized B-Complex

Methylcobalamin B<sub>12</sub> +  
Pantethine + P-5-P



**Quatrefolic®**



**100** DIETARY  
VEGGIE CAPS SUPPLEMENT

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

	Amount Per Serving	% DV
Vitamin B <sub>1</sub> (as Thiamin Mononitrate)	25 mg	2,080%
Vitamin B <sub>2</sub> (as Riboflavin)	25 mg	1,920%
Niacin (as Nicotinic Acid)	25 mg	160%
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	25 mg	1,470%
Vitamin B <sub>6</sub> (as Pyridoxal 5-Phosphate)	10 mg	590%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate Glucosamine Salt)	400 mcg DFE†	100%
Vitamin B <sub>12</sub> (as Methylcobalamin)	100 mcg	4,170%
Biotin	300 mcg	1,000%
Vitamin B <sub>5</sub> (as Calcium D-Pantothenate)	100 mg	2,000%
Choline (as Choline Bitartrate)	50 mg	10%
Pantethine (Vitamin B <sub>5</sub> Derivative)	25 mg	††
Inositol	50 mg	††

† Dietary Folate Equivalents.

†† Daily Value not established.

Other Ingredients: Silicon dioxide, calcium phosphate, magnesium stearate (vegetable source), cellulose and stearic acid (vegetable source). Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Quatrefolic® is a registered trademark of Gnosis S.p.A.

Protected by U.S. Patent # 7,947,662.

Suitable for vegetarians/vegans.



Lot #. Best Used Before: