Read the entire label and follow the directions carefully prior to use. **DIRECTIONS:** Take two (2) capsules daily with food. or as recommended by a healthcare practitioner.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE
- · Do not purchase if outer seal is broken or damaged. When using nutritional supplements, please consult with your physician if you are undergoing treatment for a meidcal condition or if you are pregnant or lactating.

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.

Manufactured for: Quality Supplements and Vitamins, Inc. Ft. Lauderdale, FL 33309 LifeExtension com To report a serious adverse event or obtain product

information, contact 1-866-280-2852. Store tightly closed in a cool, dry place.



LifeExtension

BIOACTIVE Complete **B-Complex**



Contains **Enzymatically Active B-Vitamins**

Dietary Supplement Vegetarian

Supplement Facts

Amount Per Serving	% Daily Value	
Thiamine (vitamin B1) (as thiamine HCl)	100 mg	6667%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	75 mg	4412%
Niacin (as niacinamide and niacin)	100 mg	500%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	100 mg	5000%
Folate (as L-5-methyltetrahydrofate calcium salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	300 mcg	5000%
Biotin	1000 mcg	333%
Pantothenic acid (as D-calcium pantothenate)	500 mg	5000%
Calcium (as D-calcium pantothenate, calcium sulfate, dicalcium phosphate)	60 mg	6%
Inositol	100 mg	**
PABA (para-aminobenzoic acid)	50 mg	**

**Daily Value not established.