

Suggested Use: Take 1 capsule daily, with or without food.

PREMIUM METHYLATED B-COMPLEX

BioActive B-Complex is expertly formulated with bioavailable, methylated B vitamins. These active forms are easily utilized by the body, supporting optimal absorption and utilization.*

SUPPORTS

- Energy Production*
- Cognitive Function*
- Cardiovascular Health*
- Nervous System Health*
- Healthy Hair*
- Mood Balance*

*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.



BenfoPure® is a registered Trademark of Hamari Chemicals, LTD.

Pantesin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd.

Manufactured in the US with Global Ingredients.

Rev 03/21/25

TRIQUETRA™

BioActive B-COMPLEX MAX STRENGTH

ACTIVE + METHYLATED
B VITAMIN COMPLEX

Count (60 Capsules) Dietary Supplement

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	%DV
Vitamin B12 (Coenzyme forms)	1000 mcg	41666%
Methylcobalamin	800 mcg	†
Adenosylcobalamin	100 mcg	†
Hydroxocobalamin	100 mcg	†
Folate (Vitamin B9) (as L-5-Methyltetrahydrofolate [L-Methylfolate], calcium salt) DFE	3400 mcg	860%
Thiamin (Vitamin B1 as BenfoPure® Benfotiamine)	12 mg	1000%
Riboflavin (Vitamin B2)	12.7 mg	977%
Biotin (Vitamin B7)	1 mg	3333%
Pantothenic Acid (Vitamin B5) (as Pantesin® Pantethine)	25 mg	500%
Niacin (Vitamin B3) (as Niacinamide)	100 mg	625%
Vitamin B6 (Pyridoxal-5'-phosphate)	10 mg	588%
Choline (as Choline Bitartrate)	100 mg	20%
Inositol (40:1 Ratio, Myo-Inositol + D-Chiro Inositol)	100 mg	†

* Percent daily values are based on 2000 calorie diet.

† Daily Value Not Established.

Other ingredients: Hypromellose and rice fiber.

Distributed by: Triquetra Health LLC, West Chester Township, Ohio 45246

Storage: Store in cool, dark, and dry place.

WARNING: Consult your healthcare provider before use if you have a medical condition, pregnant, nursing or taking medication. Keep out of reach of children. Do not use if seal is broken. To report a serious adverse event, please contact 844-272-6337.