



B COMPLETE

B Complete is an advanced B-complex providing the entire spectrum of B vitamins and other complementary nutrients to support healthy homocysteine metabolism, adrenal, energy and neurological function as well as healthy stress response.* B Complete provides activated forms of vitamins B2, B6 and B12, with the addition of benfotiamine, a fat soluble and physiologically active form of thiamin. The 5-MTHF in this formula - Quatrefolic® - is the most biologically active form of folate, allowing rapid uptake into the bloodstream.*

Amount Per Serving

Vitamin C (as ascorbic acid)	30mg
Thiamin (Vitamin B1) (as thiamin hydrochloride)	20mg
Riboflavin (Vitamin B2) (as riboflavin-5'-phosphate)	20mg
Niacin (130 mg niacinamide, 10 mg niacin)	140mg
Vitamin B6 (as pyridoxal-5'-phosphate)	25mg
Folate (as 400 mcg 6(S)-5-methyltetrahydrofolic acid, glucosamine salt)†	680mcg DFE
Vitamin B12 (as methylcobalamin)	800mcg
Biotin	400mcg
Pantothenic Acid (as d-calcium pantothenate)	150mg
Choline (as choline citrate)	30mg
Benfotiamine	20mg
Para-Aminobenzoic Acid (PABA)	15mg

Other Ingredients:

Ascorbyl palmitate, hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, l-leucine, bamboo silica, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

Storage: Keep tightly closed in a cool, dry place.

Specifications

Serving Size 1 Capsule
Servings Per Container 180

Directions

Take one capsule 1-2 times per day or as directed by your healthcare practitioner.



GLUTEN FREE



VEGETARIAN



†Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent number 7,947,662.

To contact Dr Kathy Health LLC contact
918-274-9111 or www.drkathysays.com

Consult with your health-care practitioner about your
specific circumstances and any questions you may have.

*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.

DrKathy®
Health