

# Runels Foundation

Daily Vitamin Supplement

30 Packets



Manufactured for:  
**Charles Runels, MD**  
 750 Downtowner Loop W, Suite A  
 Mobile, AL 36609  
 251.342.6466  
 Toll Free 866.625.2612  
 DrRunels@Runels.com  
 TempleRepair.com

## Supplement Facts

Serving Size 1 Packet (5 tablets, 1 softgel) • Servings Per Container 30

| Amount Per Packet   |           | % Daily Value |
|---|-----------|---------------|
| Vitamin C (as L-ascorbic acid USP)  | 3,000 mg  | 5000%         |
| Vitamin E (as d-alpha tocopherol) from soy  | 400 I.U.  | 1333%         |
| Thiamine (as thiamine hydrochloride USP)  | 50 mg     | 3333%         |
| Riboflavin USP  | 50 mg     | 2941%         |
| Niacin (80% as niacinamide USP and 20% as niacin USP)   | 50 mg     | 250%          |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)                                      | 50 mg     | 2500%         |
| Folate (50% as folic acid (L-5-formyltetrahydrofolate) and 50% as L-5-methyltetrahydrofolate) | 400 mcg** | 100%          |
| Vitamin B <sub>12</sub> (96% as cyanocobalamin and 4% as methylcobalamin)                     | 2,600 mcg | 43333%        |
| Biotin USP  | 1,500 mcg | 500%          |
| Pantothenic Acid (as d-calcium pantothenate USP)  | 200 mg    | 2000%         |
| Choline (as choline bitartrate)   | 100 mg    | *             |
| Inositol  | 100 mg    | *             |
| para-Aminobenzoic Acid USP  | 50 mg     | *             |

\* Daily value not established

Other Ingredients: Gelatin, mannitol, cellulose, carboxymethylcellulose sodium, glycerin, vegetable stearine, water, stearic acid, silicon dioxide, magnesium stearate, natural citrus flavor, and cellulose coating.

\*\*Amount of active isomers from mixed isomer forms.

**Suggested Use:** 1 packet daily at beginning of morning meal.

Each packet contains 1 small, round, pink **Sublingual B<sub>12</sub>** tablet, 1 oblong, bright yellow **B-Complex** tablet, 3 oblong, white **Vitamin C** tablets, and 1 oval, clear **Vitamin E** softgel.

PLEASE NOTE: The tablets in these packets may darken or develop dark spots over time as a result of contact with softgel capsules. This is caused by transfer of moisture from the softgels and does not affect the potency of the products.

Do not use if full-bottle shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light. KEEP OUT OF REACH OF CHILDREN.

This product was made in a GMP and ISO 9001:2000 registered facility.

