

ITEM #190
B190 09G



B-Complex and B-12

**Promotes Energy Metabolism
and Nervous System Health***

USP

Dietary Supplement

90 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride and Brewer's Yeast)	7 mg	467%
Riboflavin (Vitamin B-2) (as Riboflavin and Brewer's Yeast)	14 mg	824%
Niacin (as Niacin and Brewer's Yeast)	4.5 mg	23%
Vitamin B-12 (as Cyanocobalamin and Brewer's Yeast)	25 mcg	417%
Protease (as Papain Powder)	10 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

Contains wheat ingredients.

No Milk or Milk Derivatives, No Lactose, No Soy, No Egg, No Grapefruit, No Fish, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

Directions: For adults, take one (1) to six (6) tablets daily, preferably with a meal.

These tablets provide an excellent source of B-Complex vitamins to help safeguard a sufficient daily intake. The B-complex is essential for the maintenance of healthy nervous tissue.* The B vitamins play a role in energy metabolism in the body.*

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

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