

ITEM #530
B531 08H



ACTUAL
SIZE



Timed Release

B-Complex Plus C

with Folic Acid

HIGH POTENCY

**Promotes Energy Metabolism
and Cardiovascular Health***

Supports Nervous System Function*

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid and Rose Hips)	300 mg	500%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	18 mg	1,200%
Riboflavin (Vitamin B-2)	10 mg	588%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	10 mcg	167%
Biotin	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%

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

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

Directions: For adults, take one (1) to two (2) tablets daily, preferably with a meal.

B-Complex Plus C is essential for promoting healthy nervous system tissue and energy metabolism.* This advanced formula also delivers the antioxidant and immune health benefits of Vitamin C. Folic Acid provides cardiovascular support. Timed release formula maintains optimum nutritional health benefits throughout the day.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. 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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