

ITEM #1250
B1250 04F



ACTUAL SIZE



Complete B

with Choline & Inositol
B-Complex Vitamin

**Supports energy metabolism
in the cells***

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	667%
Riboflavin (Vitamin B-2)	15 mg	882%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
PABA (Para-Aminobenzoic Acid)	50 mg	**
Choline Bitartrate	250 mg	**
Inositol	250 mg	**

**Daily Value not established.

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

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

Directions: For adults, take two (2) to four (4) tablets daily, preferably with a meal.

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

Complete B is an excellent source of **B-Complex** vitamins to help safeguard a sufficient daily intake.* **B-Complex** is essential for maintenance of healthy nervous system tissue.* **B** vitamins support energy and carbohydrate metabolism.* Plus, **Choline** and **Inositol** are essential components of cell membranes and promote healthy cell growth and function.*

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.

Manufactured by Good 'N Natural®, Bohemia, NY 11716 USA
800-544-0095 www.GOODNNATURAL.com © 2009 Good 'N Natural®