

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy.

Your health & safety are our first priority!

No Artificial Color or Flavor, No Preservatives,
No Sugar, No Milk, No Lactose, No Soy, No Fish.
Sodium Free.

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.

TO REORDER PROD. # **193**
www.vitaminworld.com

1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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VITAMIN WORLD®
get healthy.

B-Complex and B-12

Promotes Energy Metabolism*
Supports Heart Health*

Vegetarian Vitamin Supplement

250

TABLETS

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

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, Croscarmellose, Silica, Mannitol, Vegetable Magnesium Stearate.

Contains wheat ingredients.

*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.