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WHOLE FOODS™

B Daily Essentials™

Balanced B-Complex†

60 capsules
vegetarian
Dietary Supplement

Directions: Take 1 capsule, one to two times daily with meals.

S u p p l e m e n t F a c t s

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Thiamin (as thiamine mononitrate)	50mg 333%
Riboflavin	50mg 294%
Niacin (as 91% niacinamide, 9% niacin)	55mg 27%
Vitamin B6 (as pyridoxine HCl)	50mg 250%
Folic Acid	400mcg 100%
Vitamin B12 (as cyanocobalamin)	50mcg 833%
Biotin	300mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	100mg 100%
Choline Bitartrate	* 50mg
Inositol	* 50mg
Para-aminobenzoic Acid (PABA)	* 50mg

* Daily Value not established

Other ingredients: Magnesium stearate, silicon dioxide, rice powder, cellulose.

Good Manufacturing Practices used to segregate in a facility that also processes milk, egg, fish, shellfish, tree nut, wheat and soy ingredients.

Contains no artificial colors, flavors or preservatives.

Notes: If you are pregnant or lactating, consult your health care practitioner before using this product. Keep out of reach of children. Store in a cool, dry place.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.