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56880 12630 8ORIGIN[®]EASY TO SWALLOW
HIGH POTENCY
B
COMPLEX100
TABLETSHELPS MAINTAIN
ENERGY
METABOLISM*

DIETARY SUPPLEMENT

*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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin	50 mg	3,333%
(Vitamin B-1) (as Thiemin Mononitrate)		
Riboflavin	12.5 mg	735%
(Vitamin B-2)		
Niacin	50 mg	250%
(as Niacinamide)		
Vitamin B-6	12.5 mg	625%
(as Pyridoxine Hydrochloride)		
Folic Acid	50 mcg	13%
Vitamin B-12	12.5 mcg	208%
(as Cyanocobalamin)		
Biotin	25 mcg	8%
Pantothenic Acid	50 mg	500%
(as d-Calcium Pantothenate)		
Calcium	128 mg	13%
(as Dicalcium Phosphate)		
Phosphorus	99 mg	10%

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Cellulose Coating, Mannitol, Maltodextrin.

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

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.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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Questions? Call 1-800-440-0680



The B-Complex supports well-being.*

The B Vitamin group consists of several essential nutrients needed by the body.* This complex of vitamins plays a role in energy metabolism and assists nerve function.*