

Manufactured for **INSTITUTE FOR VIBRANT LIVING**
P.O. Box 3840, Camp Verde AZ 86322
1-800-218-1379 • www.IVLProducts.com

Suggested Use: Take 2 vegetarian tablets daily with a meal.

Note: If you are pregnant, nursing, have any health condition or are taking any medications, consult your health care practitioner before using this product.
Keep out of reach of children.
Store in a cool, dry place.

Manufactured in an NSF GMP certified facility.

Made in the **USA** 



ULTIMATE B Complex

60 Tablets • vegetarian
Dietary Supplement

Supplement Facts

Serving Size: 2 Vegetarian Tablets
Servings Per Container: 30

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	750mg	1250%
Thiamin (as thiamine HCl)	50mg	3333%
Riboflavin	50mg	2941%
Niacin (as niacinamide)	200mg	1000%
Vitamin B6 (as pyridoxine HCl)	100mg	5000%
Folic Acid	400mcg	100%
Vitamin B12 (as cyanocobalamin)	125mcg	2083%
Biotin	150mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	200mg	2000%
Calcium (as 86% dicalcium phosphate, d-calcium pantothenate)	135mg	14%
Phosphorus (as dicalcium phosphate)	92mg	9%
Magnesium (as magnesium oxide)	100mg	25%
Chromium (as chromium chloride)	50mcg	42%
Choline (as choline bitartrate)	100mg	*
Inositol	100mg	*
Para-aminobenzoic acid (PABA)	50mg	*
Proprietary Herbal Blend passion flower (flower), skullcap (leaf), valerian (root)	30mg	*

* Daily Value not established

Other ingredients: Microcrystalline cellulose, stearic acid, silica, croscarmellose sodium, magnesium stearate, vegetable coating, hydroxypropyl cellulose.