



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Vitamin B-125 Complex

Vitamin Supplement

250 tablets



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet per day with water.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Thiamin (vitamin B-1) (as thiamin HCl)	125 mg	10,417%
Riboflavin (vitamin B-2)	125 mg	9,615%
Niacinamide	125 mg NE	781%
Vitamin B-6 (as pyridoxine HCl)	125 mg	7,353%
Folate	665 mcg DFE (400 mcg folic acid)	166%
Vitamin B-12 (as cyanocobalamin)	125 mcg	5,208%
Biotin	125 mcg	417%
Pantothenic Acid (as calcium pantothenate)	125 mg	2,500%
Choline Bitartrate	125 mg	*
Inositol	125 mg	*
PABA (para-aminobenzoic acid)	125 mg	*

*Daily Value not established.

Other ingredients: Calcium carbonate, stearic acid, croscarmellose sodium, rice flour, hydroxypropyl methylcellulose, dicalcium phosphate, magnesium stearate, hydroxypropyl cellulose, triacetin, silica, carnauba wax.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**

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TO REORDER, CALL TOLL FREE **1-800-437-4148**
or visit our website at www.swansonvitamins.com



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