



B-complex 125

vitamin
300 tablets
dietary supplement

energy production[▼]

nervous system
function[▼]

nutrient
metabolism[▼]

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamine (as thiamin mononitrate)	125 mg	10417%
Vitamin B2 (as riboflavin)	125 mg	9615%
Niacin (as niacinamide)	125 mg	781%
Pyridoxine (as pyridoxine hydrochloride)	125 mg	7353%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as methylcobalamin)	125 mcg	5208%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	2500%
Choline (as choline bitartrate)	60 mg	11%
Inositol	125 mg	*
PABA (para-aminobenzoic acid)	125 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, pharmaceutical glaze, carnauba wax, glycerin, natural vanilla.

Does not contain: Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives or Artificial Colors.

DIRECTIONS: Take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

▼ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



learn more at
vsquality.net

Item No.
VS-1049
1036266



52