theVitamin Shoppe®

B-complex 125

energy production˅

nervous system function˅

nutrient metabolism˅

vitamin

100 tablets

dietary supplement

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	10415%
Riboflavin (Vitamin B2)	125 mg	9615%
Niacin (as niacinamide)	125 mg	780%
Vitamin B6 (as pyridoxine HCl)	125 mg	7350%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as methylcobalamin)	125 mcg	5210%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	2500%
Choline (as choline bitartrate)	60 mg	10%
Inositol	125 mg	*
PABA (para-aminobenzoic acid)	125 mg	*

* Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, silicified microcrystalline cellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.

Does not contain: Gluten, Sugar, Salt, 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.

Item No. VS-1048 1036201