SPRING VALLEY®

VITAMIN #1 BRAND

Natural Super B-Complex

ENERGY METABOLISM**

Dietary Supplement

250 TABLETS

Confirmed Release:

This product is formulated per official U.S. Pharmacopeia (USP) standards to meet quality, potency & disintegration requirements.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Vitamin C (as ascorbic acid) 180 mg	300%
Vitamin B1 (as thiamin mononitrate) 50 mg	3333%
Vitamin B2 (as riboflavin) 12.5 mg	735%
Vitamin B3 (as niacinamide) 50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride) 5 mg	250%
Folate (as folic acid) 400 mcg	100%
Vitamin B12 (as cyanocobalamin) 12.5 mcg	208%
Biotin 45 mcg	15%
Pantothenic acid (as d-calcium pantothenate) 50 mg	500%

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose sodium, Magnesium Stearate, Coating (dextrin, dextrose, soy lecithin, sodium carboxymethylcellulose, sodium citrate), Natural Flavor.

CONTAINS SOY.

NOTE: If pregnant, lactating or on prescribed medication, consult your physician before using this product.

B vitamins are interdependent upon each other to achieve a wide variety of metabolic functions affected by physical stress.**

**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.

No Added Preservatives, No Artificial Colors, No Artificial Flavors

Suggested Use: As a dietary supplement, take one (1) tablet daily with a meal.

Keep out of reach of children.

Store in a dry place at room temperature (59º-86ºF) with lid tightly closed.

For your protection, do not use if imprinted seal under cap is broken or missing.

MANUFACTURED BY: Schiff Nutrition Group, Inc., Salt Lake City, UT 84104 USA • 1-800-439-0642

QUALITY ASSURANCE GUARANTEE

✓Produced under strict quality guidelines.

✓Verified by an independent, certified laboratory.

UNCONDITIONALLY GUARANTEED BY REFUND OR REPLACEMENT

LOT: 159554B

EXP: 01/2015

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