SPRING VALLEY®

VITAMIN #1 BRAND

Natural

Super B-Complex

ENERGY METABOLISM**

Dietary Supplement 100 TABLETS

Confirmed Release:

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

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GN 2874.77400 13668 46613668.1

LOT: 1593924 EXP: 06/2014

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.

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

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 (59°-86°F) with lid tightly closed.

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

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

**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.

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