

swanson.com
or call 1-800-437-4148

- Nourishes the body with nutrients needed to cope with stress and promote energy and well-being
- Vegan and non-GMO formula

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take two veggie capsules per day with water.

PANMOL® B-COMPLEX is protected under US Patent 86 79 555 and is a registered trademark of *vis vitalis gmbh*.

WARNING: For adults only. Consult physician if you are pregnant or nursing, taking medication, or if you have a medical condition.

Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Real Food B-Complex

Energy & Cardiovascular Health

FROM QUINOA SPROUTS

VITAMIN SUPPLEMENT | 60 VEGGIE CAPSULES

Supplement Facts

Serving Size 2 Veggie Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Thiamin [from PANMOL® 1.5 mg B-COMPLEX (from quinoa sprouts)]	125%
Riboflavin [from PANMOL® 1.7 mg B-COMPLEX (from quinoa sprouts)]	131%
Niacin [from PANMOL® 20 mg NE B-COMPLEX (from quinoa sprouts)]	125%
Vitamin B-6 [from PANMOL® 2 mg B-COMPLEX (from quinoa sprouts)]	118%
Folate [from 400 mcg DFE PANMOL® B-COMPLEX (from quinoa sprouts)]	100%
Vitamin B-12 [from PANMOL® 6 mcg B-COMPLEX (from quinoa sprouts)]	250%
Biotin [from PANMOL® 300 mcg B-COMPLEX (from quinoa sprouts)]	1,000%
Pantothenic Acid [from 10 mg PANMOL® B-COMPLEX (from quinoa sprouts)]	200%

Other ingredients: Hypromellose (vegetable capsule), rice concentrate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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