

DIETARY SUPPLEMENT

<sup>®</sup>  
**Carlson**

**B-COMPLEET**  
**VITAMIN B COMPLEX**  
**WITH VITAMIN C**  
**90 TABLETS**

2010 - 32

**B-COMPLEET PROVIDES THE PRINCIPAL B-VITAMINS PLUS VITAMIN C IN A BALANCED "STRESS" FORMULATION.**

**Supplement Facts**

Serving Size 2 Tablets

Servings Per Container 45

|                                              | Amount Per 2 Tablets | % DV  |
|----------------------------------------------|----------------------|-------|
| Vitamin C (as ascorbic acid)                 | 500 mg               | 833%  |
| Thiamin (Vitamin B-1)(as thiamin HCl)        | 10 mg                | 667%  |
| Riboflavin (Vitamin B-2)                     | 10 mg                | 588%  |
| Niacin (as niacinamide)                      | 100 mg               | 500%  |
| Vitamin B-6 (as pyridoxine HCl)              | 10 mg                | 500%  |
| Folate (folic acid)                          | 800 mcg              | 200%  |
| Vitamin B-12 (as cobalamin concentrate)      | 30 mcg               | 500%  |
| Biotin                                       | 300 mcg              | 100%  |
| Pantothenic Acid (as d-calcium pantothenate) | 200 mg               | 2000% |
| Choline (as choline bitartrate)              | 100 mg               | ☆     |
| Inositol                                     | 100 mg               | ☆     |
| PABA (para-aminobenzoic acid)                | 30 mg                | ☆     |
| ☆ Daily Value (DV) not established           |                      |       |

Other Ingredients: Stearic acid, microcrystalline cellulose, hydroxypropyl cellulose, ethylcellulose, croscarmellose sodium, magnesium stearate, dicalcium phosphate, silicon dioxide, food glaze, methylcellulose.

**Directions:** Take two tablets daily at mealtime. Keep bottle tightly closed. Store away from heat and moisture. Tablet color may darken over time.

Natural color. Preservative-free. Milk-free. Wheat-free. Sugar-free. Cellulose-coated. Vegetarian. Yeast-free. Soy-free. Gluten-free.

This formula is prepared to disintegrate over a period of up to 1 hour.

**POTENCY & QUALITY GUARANTEED**

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