

DIETARY SUPPLEMENT

[®]
Carlson

B-COMPLEET
VITAMIN B COMPLEX
WITH VITAMIN C
180 TABLETS

2014 - 3a

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

Supplement Facts

Serving Size 2 Tablets

Servings Per Container 90

	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

Dist. by Carlson Division of J.R. Carlson
Laboratories, Inc., Arlington, Hts., IL 60004-1905
888-234-5656 • 847-255-1600 • www.carlsonlabs.com

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