FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy.*

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

This product is not intended to diagnose, treat, care or prevent any disease.

Carefully Manufactured by: Solgar, Inc., 500 Willow Tree Road Leonia, NJ 07605 U.S.A. For more information, call tall-free 1-877-SOLGAR 4, www.solgar.com

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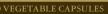
B-COMPLEX

ENERGY METABOLISM* CARDIOVASCULAR SUPPORT* NERVOUS SYSTEM SUPPORT*

GLUTEN, WHEAT & DAIRY FREE SUITABLE FOR VEGANS







DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule **Amount Per Serving** %DV Thiamin (vitamin B1) 50 mg 4,167%

| (as thiamin mononitrat | as thiamin mononitrate) | | | |
|---|-------------------------|--------|--|--|
| Riboflavin (vitamin B2) | 50 mg | 3,846% | | |
| Niacin (vitamin B3) (as niacinamide) | 50 mg | 313% | | |
| Vitamin B6 | 50 mg | 2,941% | | |

| (as pyriaes | and many | | | |
|-------------|----------|-------|------|-----|
| olate | 666 | mcg | DFE | 167 |
| | 1400 | 4-li- | :-I\ | |

(as paridovino HCI

| ı | (400 mcg | tolic acia) | |
|---|------------------------------------|-------------|-------|
| ı | Vitamin B12 (as cyanocobalamin) | 50 mcg | 2,083 |

or as directed by a healthcare practitioner.

| • | Amount Per Serving | | %DV | |
|---|---|--------|--------|--|
| ۹ | Biotin (as D-biotin) | 50 mcg | 167% | |
| | Pantothenic Acid (vitamin B5) (as D-Ca pantothenate | 50 mg | 1,000% | |
| | Choline (as choline bitartrate) | 21 mg | 4% | |

Herbal Powdered Blend: 3.5 mg (kelp [plant], acerola extract complex [fruit], alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])

50 mg

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stegrate, Silica, Microcrystalline Cellulose, SUGGESTED USE: Adults, take one (1) vegetable capsule daily, preferably with a meal

Inositol

