

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 protein, 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 healthcare practitioner 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

*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.

Carefully Manufactured by:
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SOLGB78022 04D



ULTIMATE B+C COMPLEX

SUPPORT FOR BUSY LIFESTYLES

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
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Vitamin C (as L-ascorbic acid)	1,000 mg	1,111%
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Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	4,167%
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Riboflavin (vitamin B2)	50 mg	3,846%
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Niacin (vitamin B3) (as niacin, niacinamide)	50 mg	313%
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Vitamin B6 (as pyridoxine HCl)	50 mg	2,941%
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Folate (400 mcg Folic Acid)	666 mcg DFE	167%
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Vitamin B12 (as cyanocobalamin)	50 mcg	2,083%
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Amount Per Serving	%DV
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Biotin (as D-biotin)	50 mcg	167%
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Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	50 mg	1,000%
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Choline (as choline bitartrate)	21 mg	4%
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Inositol	50 mg	**
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Citrus Bioflavonoid Complex	25 mg	**
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Rose Hips (fruit)	25 mg	**
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Hesperidin	5 mg	**
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Rutin	5 mg	**
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Betaine (from betaine HCl)	15 mg	**
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L-Glutamic Acid	15 mg	**
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****Daily Value (DV) not established**

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate, Vegetable Glycerin.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

