

Whole-food B vitamins sourced from
real fruits and veggies to support cellular
energy, cardiovascular and cognitive functions,
and healthy hair, skin, and nails.*

SUGGESTED USE: As a dietary supplement, adults take one (1)
organic capsule daily, or as directed by a healthcare professional.

Caution: Please consult a healthcare professional before taking this supplement
if you are pregnant, breastfeeding, or taking any medications. Store in original
container away from moisture and direct sunlight. Keep out of reach of children.

*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Formulated & Distributed By
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277-58026



ORGANIC & NON-GMO
**B-Complex
Gold™**

PLANT-BASED WHOLE FOOD B VITAMINS

60 CAPSULES • DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1 organic capsule

Servings Per Container: 60

	Amount Per Serving	%DV
Thiamin (from organic whole-food blend)	11 mg	920%
Riboflavin (from organic whole-food blend)	10 mg	770%
Niacin (from organic whole-food blend)	16 mg	100%
Vitamin B6 (from organic whole-food blend)	11 mg	650%
Folate (from organic whole-food blend)	800 mcg DFE	200%
Vitamin B-12	60 mcg	2,500%
(70% as methylcobalamin and 30% as adenosylcobalamin)		
Biotin (from organic whole-food blend)	60 mcg	200%
Pantothenic Acid (from organic whole-food blend)	18 mg	360%

Organic Whole-Food Blend..... 555 mg †
(organic lemon [peel], organic guava [fruit], organic holy
basil [leaf], organic *Sesbania* [leaf], organic apple [fruit],
organic kale [leaf], organic broccoli [floret], organic spinach
[leaf], organic carrot [whole root], organic parsley [leaf],
organic beet [root], organic green cabbage [leaf], organic
blueberry [fruit], organic raspberry [fruit], organic
strawberry [fruit], organic tomato [fruit]).

†Daily Value not established.

Other Ingredients: Organic veggie capsule (pullulan), organic rice concentrate.



SKU # 277



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