

swanson.com  
or call 1-800-437-4148

- Promotes nervous system, immune and cardiovascular health
- Protects against stress-induced nutrient depletion
- Supports neurotransmitter production for a positive mood

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one tablet per day with water.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

# B-125 Complex

Energy and Nervous System Health

HIGH POTENCY FORMULA

VITAMIN SUPPLEMENT | 250 TABLETS

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Thiamin (vitamin B-1) (as thiamin HCl)	125 mg	10,417%
Riboflavin (vitamin B-2)	125 mg	9,615%
Niacinamide	125 mg NE	781%
Vitamin B-6 (as pyridoxine HCl)	125 mg	7,353%
Folate (400 mcg folic acid)	665 mcg DFE	166%
Vitamin B-12 (as cyanocobalamin)	125 mcg	5,208%
Biotin	125 mcg	417%
Pantothenic Acid (as calcium pantothenate)	125 mg	2,500%
Choline Bitartrate	125 mg	*
Inositol	125 mg	*
PABA (para-aminobenzoic acid)	125 mg	*

\*Daily Value not established.

Other ingredients: Calcium carbonate, stearic acid, croscarmellose sodium, rice flour, hydroxypropyl methylcellulose, dicalcium phosphate, magnesium stearate, hydroxypropyl cellulose, triacetin, silica, carnauba wax.

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