

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving % Daily Value

Thiamin (as thiamine hydrochloride from cultured yeast)	1.8 mg	120%
Riboflavin (as riboflavin from cultured yeast)	2 mg	118%
Niacin (as nicotinic acid from cultured yeast)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride from cultured yeast)	2.7 mg	135%
Folate (as folic acid from cultured yeast)	450 mcg	113%
Vitamin B12 (as methylcobalamin)	133 mcg	2217%
Biotin (as d-biotin from cultured yeast)	186 mcg	62%
Pantothenic Acid (as calcium d-pantothenate from cultured yeast)	6.8 mg	68%

OTHER INGREDIENTS: CULTURED YEAST (*SACCHAROMYCES CEREVISIAE*, MOLASSES), VEGETABLE CAPSULE (HYDROXYPROPYL METHYLCELLULOSE), ORGANIC RICE HULL CONCENTRATE.

DISTRIBUTED BY:
AMAZON FULFILLMENT SERVICES, INC.,
410 TERRY AVENUE N., SEATTLE, WA 98109

PRODUCT OF: ESTONIA.



CAUTION: AS WITH ANY DIETARY SUPPLEMENT, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT, NURSING, ANTICIPATE SURGERY, TAKE MEDICATION ON A REGULAR BASIS OR ARE OTHERWISE UNDER MEDICAL SUPERVISION.

KEEP OUT OF REACH OF CHILDREN. FOR ADULT USE ONLY.

DO NOT USE IF SEAL IS BROKEN OR MISSING.

STORE IN A COOL, DRY PLACE.

SUGGESTED USE: TAKE 1 CAPSULE DAILY.

- ✓ No Binders[†]
- ✓ No Artificial Colors or Flavors
- ✓ No Chemical Preservatives
- ✓ Gluten Free
- ✓ Vegan

[†] ADDITIONAL INGREDIENTS USED AS FLOW AGENTS TO AID IN MANUFACTURING



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B COMPLEX

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DIETARY SUPPLEMENT

65 CAPSULES