

QUALITY GUARANTEED

This product has been manufactured and packaged in strict conformance with industry and government standards.

FOIL - TAMPER RESISTANT SEAL If printed heat induced seal appears to be tampered with, do not use product.

Directions: Adults, take one tablet daily as a dietary supplement, preferably with a meal. Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect.

Store in a dry, controlled room environment.
Keep Out of the 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.

Manufactured in the USA for:
MASON VITAMINS, INC. Miami Lakes, FL 33014
1-888-860-5376 • www.MasonVitamins.com



B Complex

with **FOLIC, B-6 & B-12**

Dietary Supplement

For ENERGY & HEART*

30 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Thiamin (vitamin B-1) (thiamin hydrochloride)	1.5 mg	100%
Riboflavin (vitamin B-2)	1.7 mg	100%
Niacin (niacinamide)	20 mg	100%
Vitamin B-6 (pyridoxine hydrochloride)	2 mg	100%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	6 mcg	100%
Calcium (dicalcium phosphate)	35 mg	4%

LOT/EXP. DATE

Other Ingredients:
Microcrystalline Cellulose, Stearic Acid, Magnesium Stearate, Pharmaceutical Glaze and Talc.

GUARANTEED NO ADDED:
Sugar, Starch, Yeast, Soy, Corn, Wheat, Dairy, Gluten, Egg, Fragrance, Artificial Colors or Flavors and Preservatives.

Rev.1

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