

TAMPER
RESISTANT:
DO NOT USE IF
SEAL UNDER CAP
IS BROKEN
OR MISSING.

VITAMIN WORLD
NATURALLY INSPIRED®



B-Complex and B-12 USP

Supports Energy Metabolism
and Nervous System Health*

Dietary Supplement

250 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1)	7 mg	467%
(as Thiamin Hydrochloride and Brewer's Yeast)		
Riboflavin (Vitamin B-2)	14 mg	824%
(as Riboflavin and Brewer's Yeast)		
Niacin	4.5 mg	23%
(as Niacin and Brewer's Yeast)		
Vitamin B-12	25 mcg	417%
(as Cyanocobalamin and Brewer's Yeast)		
Protease (as Papain Powder)	10 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose (Plant Origin), Vegetable Stearic Acid, Croscaremellose, Silica, Mannitol, Vegetable Magnesium Stearate.

This product contains wheat ingredients.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur.

FREE OF: milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

PROD. NO. 193

These tablets provide an excellent source of B-Complex vitamins to help safeguard a sufficient daily intake. The B-Complex is essential for the maintenance of healthy nervous tissue.* The B vitamins play a role in energy metabolism in the body.*

*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.

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT.

TO REORDER CALL
1-800-228-4533

Or Order On The Web
www.vitaminworld.com

ACTUAL
SIZE

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
© 2005 Vitamin World, Inc.



B190

04B