



# Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 90

Amount Per Serving	% Daily Value	
Thiamin (as thiamin mononitrate) ...	50 mg	3333%
Riboflavin .....	50 mg	2941%
Niacin (as niacinamide) .....	50 mg	250%
Vitamin B6 (as pyridoxine HCl) .....	50 mg	2500%
Folic Acid .....	400 mcg	100%
Vitamin B12 (as cobalamin) .....	50 mcg	833%
Biotin .....	50 mcg	17%
Pantothenic Acid (as calcium pantothenate) .....	50 mg	500%
Choline (as choline bitartrate) .....	50 mg	*
Inositol .....	50 mg	*

\* Daily Value not established.

Other Ingredients: Capsule (gelatin), silicon dioxide, magnesium stearate (vegetable source), cellulose.

**SUGGESTED USE:** Take one capsule daily with food.

**KEEP OUT OF REACH OF CHILDREN.** 236-90L



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CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

STORE IN A COOL DRY PLACE.

B Vitamins are needed to maintain healthy nerves and skin, as well as for energy production and metabolism.† Because the closely related B Vitamins provide maximum benefit when taken together, our **B-Complex** capsules are formulated to provide these essential daily vitamins in a convenient single dose.†

**100% SATISFACTION OR YOUR MONEY BACK**  
QUESTIONS? 888-423-0139

**GLUTEN FREE**

†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.