

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

VITAMIN WORLD

NATURALLY INSPIRED®



Complete B

B-Complex

Vitamin

Vegetarian Formula
B-Vitamin Supplement

250 EASY TO SWALLOW
COATED TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 125

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	667%
Riboflavin (Vitamin B-2)	15 mg	882%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
PABA (Para-Aminobenzoic Acid)	50 mg	*
Choline Bitartrate	250 mg	*
Inositol	250 mg	*

*Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose (Plant Origin), Vegetable Stearic Acid, Croscarmellose, Cellulose Coating, Silica, Povidone, Vegetable Magnesium Stearate, Maltodextrin, Mannitol.

Directions: For adults, take two (2) tablets daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

PROD. NO. 1253

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.** Choline and Inositol are essential components of cell membranes and play important roles in cell growth and function.**

**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.

WARNING: Pregnant or lactating women should consult a doctor before using any product. **Consult your doctor before use if you have, or have had, ANY HEALTH CONDITION** or if you are taking ANY MEDICATIONS OR REMEDIES, including OTC medications, or are planning any medical procedure. **Discontinue use and consult your doctor if any adverse reactions occur**, such as gastrointestinal discomfort or any allergic reaction. **NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

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

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

ACTUAL SIZE

TO REORDER CALL 1-800-228-4533

Or Order On The Web www.vitaminworld.com

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