

21ST
CENTURY[®]



B-Complex



Energy Support*

VITAMIN SUPPLEMENT

100 TABLETS



B vitamins are interdependent upon each other and interrelated in function; they help convert food into energy and help maintain the nervous system and body tissues.*

ACTUAL
SIZE

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
501012-0918N



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Thiamin (Vitamin B-1)	1.5 mg	130%
Riboflavin (Vitamin B-2)	1.7 mg	130%
Niacin (as Niacinamide)	20 mg	130%
Vitamin B-6 (as Pyridoxine HCl)	2 mg	120%
Folate	667 mcg DFE (400 mcg Folic Acid)	170%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	250%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	125 mg	10%

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium. **Contains <2% of:** Gum Arabic, Magnesium Stearate, Maltodextrin, PEG, Polysorbate, Polyvinyl Alcohol, Silicon Dioxide, Talc. 501012-0918N



Directions: As a vitamin supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children.

Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives, Artificial Flavors or Colors.

*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.