

# B-COMPLEX 125

energy production<sup>†</sup>

stress support<sup>†</sup>

nutrient metabolism<sup>†</sup>

**VITAMIN**

Dietary Supplement **100** Tablets



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

## Supplement Facts

Serving Size 1 Tablet

|                                                 | Amount<br>Per Serving               | % Daily<br>Value |
|-------------------------------------------------|-------------------------------------|------------------|
| Thiamin (as thiamine mononitrate)               | 125 mg                              | 10415%           |
| Riboflavin (Vitamin B2)                         | 125 mg                              | 9615%            |
| Niacin (as niacinamide)                         | 125 mg NE                           | 780%             |
| Vitamin B6 (as pyridoxine HCl)                  | 125 mg                              | 7350%            |
| Folate                                          | 667 mcg DFE<br>(400 mcg folic acid) | 170%             |
| Vitamin B12 (as methylcobalamin)                | 125 mcg                             | 5210%            |
| Biotin (as d-biotin)                            | 300 mcg                             | 1000%            |
| Pantothenic Acid<br>(as d-calcium pantothenate) | 125 mg                              | 2500%            |
| Choline (as choline bitartrate)                 | 60 mg                               | 10%              |
| Inositol                                        | 125 mg                              | *                |
| PABA (para-aminobenzoic acid)                   | 125 mg                              | *                |

\* Daily Value not established.

**OTHER INGREDIENTS:** Hydroxypropyl methylcellulose, silicified microcrystalline cellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, aqueous coating.

**DOES NOT CONTAIN:** Gluten, Sugar, Salt, Preservatives or Artificial Colors.

**DIRECTIONS:** Take one (1) tablet daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

**WARNING:** This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

† 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.

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

**TAMPER EVIDENT** Do not use if outer seal is broken or missing.

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actual size