

**50 MG** | 120 TABLETS  
DIETARY SUPPLEMENT

**NATURAL VITAMIN  
B  
COMPLEX  
TIME RELEASE**

**tnvitamins**<sup>®</sup>

## Supplement Facts

Serving Size: 1 Tablet

|  | Amount Per Serving | %DV    |
|--|--------------------|--------|
| Thiamin (vitamin B-1) (as thiamin mononitrate) | 50 mg              | 3,333% |
| Riboflavin (vitamin B-2)                       | 50 mg              | 2,941% |
| Niacin (as niacinamide)                        | 50 mg              | 250%   |
| Vitamin B-6 (as pyridoxine hydrochloride)      | 50 mg              | 2,500% |
| Folic Acid                                     | 400 mcg            | 100%   |
| Vitamin B-12 (as cyanocobalamin)               | 50 mcg             | 833%   |
| Biotin (as d-Biotin)                           | 50 mcg             | 17%    |
| Pantothenic Acid (as d-calcium pantothenate)   | 50 mg              | 500%   |

\* Daily Value (DV) is not established.

**Other Ingredients:** Cellulose (Plant Origin), Hypromellose, Dicalcium Phosphate, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Silica, Cellulose Coating.

As a dietary supplement for adults, take one (1) to two (2) tablets daily, preferably with a meal, or as directed by a healthcare professional.

\*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.

**Caution:** Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

**Keep out of reach of children.**

**Store in a cool, dry place.**

Laboratory Tested And Manufactured For:

**TOTAL NUTRITION, INC. • FARMINGDALE, NY 11735 USA**

**Reorder**  
**tnvitamins.com**  
**800-645-4446**

**# 0582T**



Rev10/18