



NON-GMO • MASS SPEC

Documentation ✓ Lab Tested ✓

Suggested usage: 1 tablet per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Complete B Time Release tablets are designed to gradually release their contents over an 8-hour period for maximum bioavailability. The B vitamins work together to metabolize carbohydrates, fats, and proteins, which contributes to an increased energy production level in the body.* They also support a healthy nervous system and mood, and are essential for healthy skin, hair, and vision.* Water-soluble B vitamins are not stored in the body and must be replenished daily.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

**Purity & Potency
Guaranteed**

Recyclable container and label.

LOT & EXPIRY 1.3125" x .25" Single Line

natural Factors®

Complete B

100 mg

90 Tablets



TIME RELEASE

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (hydrochloride)	100 mg	8,333%
Riboflavin (vitamin B2)	100 mg	7,692%
Niacin (niacinamide)	100 mg	625%
Vitamin B6 (pyridoxine hydrochloride)	100 mg	5,882%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (cyanocobalamin)	100 mcg	4,167%
Biotin (vitamin B7)	300 mcg	1,000%
Pantothenic Acid (calcium pantothenate)	100 mg	2,000%
Choline (bitartrate)	84 mg	15%
Calcium (dicalcium phosphate, calcium pantothenate)	80 mg	6%
Inositol	100 mg	**
Para-Aminobenzoic Acid	100 mg	**

** Daily Value not established.

Other ingredients:
Microcrystalline cellulose,
coating (cellulose gum,
carbohydrate gum
[cellulose], glycerin),
magnesium stearate
(vegetable grade).



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