

For Optimal Daily Nutrition: Take 1 to 2 tablets daily. Because it is food, it can be taken anytime, with or without food.

Catie's Wholefood B-Complex™ is rich in over 170 vegetables, fruits and whole grains with optimum levels of B vitamins. No heat is used to produce this product.

This product does not contain any wheat, artificial sweeteners, sucrose, alcohol, MSG, yeast, gluten, salt, dairy, corn, egg, coloring, stabilizers, maltodextrins, any other artificial ingredients, or pesticides. NON-GMO. Many blessings, health and happiness.

Catie

Formulated and distributed with Love by:

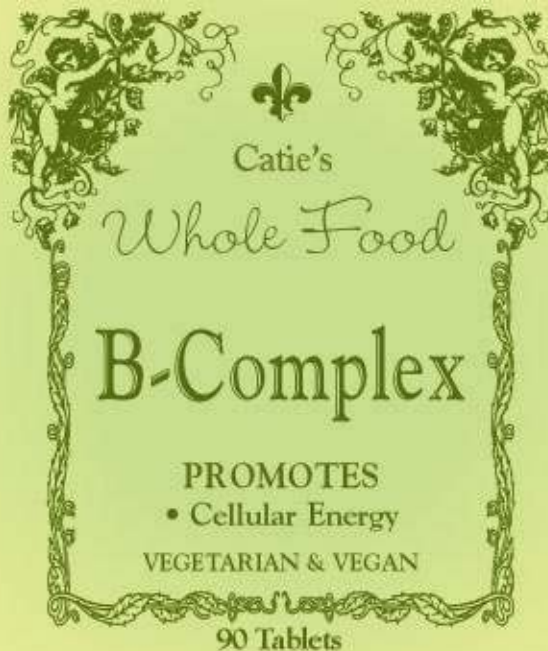
Energy Essentials™

For questions, call Customer Service: (888) 456-1597

www.energyessentials.com



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Supplement Facts

Serving Size 1 Tablet

Amount per Serving		% Daily Value	
Thiamine (B-1)	(from 46 mg <i>Whole Food</i>)	11 mg	733
Riboflavin (B-2)	(from 96 mg <i>Whole Food</i>)	9 mg	529
Niacinamide	(from 126 mg <i>Whole Food</i>)	30 mg	150
Vitamin B-6	(from 58 mg <i>Whole Food</i>)	11 mg	550
Folic Acid	(from 42 mg <i>Whole Food</i>)	400 mcg	100
Vitamin B-12	(from 27 mg <i>Whole Food</i>)	125 mcg	2083
Biotin	(from 63 mg <i>Whole Food</i>)	300 mcg	100
Pantothenic Acid	(from 92 mg <i>Whole Food</i>)	23 mg	230

Other Ingredients: Silica, Guar Gum, Vegetable Lubricant, Food Glaze

Additional FoodState® Nutrients:

Choline	25 mg
Inositol	25 mg
PABA	5 mg

Superior Foods:

Alfalfa	125 mg
Rice Bran	250 mg