

FREEDA®



# SCD B Complex™ with C & Zinc

Vitamin Supplement  
100 VEG CAPS



NO GLUTEN  
NO LACTOSE  
NO ARTIFICIAL COLORS  
NO ARTIFICIAL FLAVORS  
NO ANIMAL DERIVATIVES  
NO SUGAR OR STARCH  
NO GELATIN  
NO YEAST

**VEGAN** 

**Suggested use:** Adults, take one (1) capsule daily preferably with food and liquid.

**This product meets the specifications of  
THE SPECIFIC CARBOHYDRATE DIET**

**KEEP OUT OF THE REACH OF CHILDREN**

Store product at room temperature.  
Do not expose to excessive heat or moisture.

**FREEDA HEALTH** Manufactured in a GMP  
1-800-777-3737 certified facility in the USA   
Brooklyn, NY 11210 / [www.freedahealth.com](http://www.freedahealth.com)

## Supplement Facts

Serving Size 1 Vegetable Capsule

	Amount Per Serving	% Daily Value
Vitamin C (as Calcium Ascorbate)	300 mg	333%
Vitamin B1 (as Thiamin HCl)	25 mg	2083%
Vitamin B2 (Riboflavin)	25 mg	1923%
Vitamin B3 (as Niacinamide)	100 mg	625%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1471%
Folate (as 400 mcg Folic Acid)	667 mcg DFE	167%
Vitamin B12 (as Methylcobalamin)	25 mcg	1042%
Biotin	25 mcg	83%
Vitamin B5 (as Calcium Pantothenate)	25 mg	500%
Calcium (as Calcium Ascorbate)	30 mg	2%
Zinc (as Zinc Citrate)	15 mg	136%
Choline (as Choline Dihydrogen Citrate)	5 mg	1%

Other ingredients: Vegetable cellulose capsule, cellulose, vegetarian stearate, silica.

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