

Other ingredients: Capsule (cellulose), calcium phosphate, magnesium stearate (vegetable source), silica, cellulose, sodium copper chlorophyllin.

Manufactured for: Natural Healthy Concepts
310 N. Westhill Blvd. Appleton, WI 54914
(920) 968-2360

SUGGESTED USE: Take two capsules daily with food.

Essential B Vitamins with Powerful Phytonutrients†

B vitamins provide essential support to skin, nerves, energy production and metabolism.† Our **B-Complex** contains all B vitamins as they provide maximum benefit when taken together. A rich phytonutrient base supports assimilation and provides naturally occurring fatty and amino acids, bioflavonoids, pigments and enzymes. Separating dosages will further optimize nutrient utilization.†

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

Store in a cool, dry place.

We Guarantee Our Supplements for Potency and Purity

WARNING: Consuming this product can expose you to chemicals including lead, which is [are] known to the State of California to cause cancer, birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

To report a serious adverse event, call 1-888-710-0006

† 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.



Phytonutrient Based

B-Complex

Maintains Healthy Skin, Hair,
Eyes and Nerves†

dietary supplement

gluten free • dairy free • soy free • nut free

120 Vegetarian Capsules



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving		% Daily Value
Thiamine (as thiamine mononitrate)	15 mg	1,250%
Riboflavin	20 mg	1,538%
Niacin (as niacinamide, nicotinic acid)	25 mg	156%
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	1,176%
Folate	667mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cobalamin)	150 mcg	6,250%
Biotin	300 mcg	1,000%
Pantothenic Acid (as calcium pantothenate)	50 mg	1,000%
Choline (from choline bitartrate)	10 mg	2%
Phytonutrient Blend	1,000 mg	
(Rice Bran, bee pollen, barley grass (leaves), lemon bioflavonoid complex (fruit), apple pectin (fruit, parsley leaf), cabbage (head), safflower oil, dried apple (fruit), carrot (root), broccoli (head), prune (fruit), spirulina (algae), chlorella (algae), kelp (leaves & stems), ginger (root), fennel (seed))		
Inositol	10 mg	
PABA (para-aminobenzoic-acid)	10 mg	

* Daily Value not established

KEEP OUT OF REACH OF CHILDREN.

VVL 270-1200