

Other ingredients: Microcrystalline cellulose, stearic acid, coating (hypromellose, glycerin), croscarmellose sodium, vegetable stearate and silica

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205  
[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440

**Suggested Usage:** As a dietary supplement, adults take 1 tablet daily or as directed by your health professional.

**Warning:** If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

†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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #82050 V2

# Ultra B-Complex Tablets

## Dietary Supplement

Comprehensive B vitamin support†



100 Tablets

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 100

	Amount Per Serving	%DV
Thiamine .....50 mg (as vitamin B <sub>1</sub> , thiamine mononitrate)	50 mg	4,167%
Riboflavin (as vitamin B <sub>2</sub> ).....50 mg	50 mg	3,846%
Niacin/Niacinamide .....50 mg	50 mg	313%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....50 mg	50 mg	2,941%
Folate (as folic acid).....667 mcg DFE (400 mcg folic acid)	667 mcg DFE	167%
Vitamin B <sub>12</sub> (as cyanocobalamin) .....100 mcg	100 mcg	4,167%
Biotin.....1,500 mcg	1,500 mcg	5,000%
Pantothenic Acid .....50 mg (as d-calcium pantothenate)	50 mg	1,000%
Choline (as choline citrate/bitartrate).....20.5 mg	20.5 mg	4%
PABA (para-aminobenzoic acid).....150 mg	150 mg	*
Inositol .....50 mg	50 mg	*

\*Daily Value (DV) not established