



30

VEGAN TABLETS

WHOLE FOOD SUPPLEMENT

mykind
ORGANICS

CERTIFIED ORGANIC WHOLE FOOD



B-COMPLEX

ONCE DAILY

Suggested Use: Adults take 1 tablet daily with food. Not intended for children.

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1 from Organic Food Blend)	5 mg	417%
Riboflavin (Vitamin B2 from Organic Food Blend)	10 mg	769%
Niacin (from Organic Food Blend)	20 mg	125%
Vitamin B6 (from Organic Food Blend)	10 mg	588%
Folate (from Organic Food Blend)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin from <i>Saccharomyces cerevisiae</i>)	53.3 mcg	2221%
Biotin (from Organic Food Blend)	300 mcg	1000%
Pantothenic Acid (from Organic Food Blend)	10 mg	200%
Organic Food Blend	641 mg	+

+ Daily Value not established.

Other Ingredients: Clean Tablet Technology™ Blend (patent pending): Organic Dextrose, Organic Gum Arabic, Organic Coating (Organic Tapioca Maltodextrin, Organic Sunflower Lecithin, Organic Palm Oil, Organic Guar Gum), Organic Brown Rice Concentrate.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

Made without dairy or soy ingredients, peanut, tree nuts or shellfish.

Manufactured in a facility that also processes soy, dairy, peanut, tree nuts and shellfish.

Keep out of reach of children.

Store in a cool, dry place.

Do not use if safety seal is broken or missing.

No artificial colors or preservatives.

Distributed by Garden of Life LLC

4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA

Certified Organic by QCS www.gardenoflife.com

Made in the U.S.A. from foods grown in the U.S.A.

and other countries.



We Buy
100% Certified
Renewable
Energy



GLASS
RECYCLES
MK08CL-050319

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