

Directions: As a dietary supplement, take one or more tablets daily, or as directed by your health practitioner.

FREE of: Sugar, salt, starch, yeast, corn, soy, wheat, lactose, gluten, milk, egg, fish products, artificial coloring, flavoring, or preservatives.

Viva B-Complex 50 offers a well-balanced blend of key B vitamins designed specifically to provide the body with the potencies essential for sound health. B vitamins support a healthy central nervous system, which can improve stress management, energy, and mental acuity. Now you can get the entire B-Complex family in one convenient formula.[†]

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

[†] These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Los Angeles, CA | www.VivaVitamins.com

MADE IN THE USA • In God We Trust • Non-GMO

Manufactured in an NSF - GMP Certified Facility



B-COMPLEX 100



Sustained release B complex[†]

Vital to energy metabolism[†]

We always use the highest quality ingredients

premium formulas • 90 tablets • dietary supplement

Supplement Facts

Servings Per Container: 90

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin B1 (as Thiamine Mononitrate)	100 mg	8,332%
Vitamin B2 (as Riboflavin)	100 mg	7,692%
Niacin (as Niacinamide)	100 mg	624%
Vitamin B6 (as Pyridoxine HCl)	100 mg	5,882%
Folic Acid	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,166%
Biotin	100 mcg	332%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	2,000%
Choline (as Choline Bitartrate)	50 mg	8%
Inositol	50 mg	*
PABA (Para Amino Benzoic Acid)	50 mg	*
VIVA Proprietary Blend Alfalfa Powder, Watercress Powder, Parsley Powder, Lecithin Powder, Rice Bran Concentrate	27 mg	*

* %Daily Value (DV) has not been established.

Other Ingredients: Microcrystalline cellulose, croscarmellose, clear aqueous coating.