

NGL-010V.01

Distributed by: Nature's Gifts International®, Inc.
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Usage Warnings: Do not use if seal under cap is damaged. Check with your doctor before use if using medication or have medical conditions. Do not use if pregnant or nursing. Not intended for persons under 18. Do not exceed recommended dosage. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.



MANUFACTURING DATE:

LOT NO.:

EXPIRATION DATE:

PREMIUM
QUALITY

*Nature's
Gifts*

B
COMPLEX
plus **C & E**

Dietary
Supplement

60
TABLETS

Supplement Facts

Serving size: 1 Tablet

Servings per container: 60

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin E (as d-alpha Tocopheryl Acetate)	60 IU	200%
Thiamin (Vitamin B1) (as Thiamine Mononitrate)	11 mg	733%
Riboflavin (Vitamin B2)	11 mg	647%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%
Biotin	45 mcg	15%
Pantothenic Acid (Vitamin B5) (as d-Calcium Pantothenate)	20 mg	200%
Zinc (as Zinc Oxide)	20 mg	133%
Copper (as Copper Oxide)	3 mg	150%

*Daily Value not established

Other Ingredients:

Dicalcium phosphate dihydrate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, purified water, hydroxypropyl cellulose, polyethylene glycol, FD&C Red No. 40, FD&C Blue No. 2, talc, titanium dioxide, vanillin, and carnauba wax.

Suggested Usage:

(Adult) As a dietary supplement, take one (1) tablet daily with food.



Manufacturing facility meets
FDA required GMP standards



MADE IN USA