DIRECTIONS: SHAKE WELL BEFORE USE, FOR **ADULTS PLACE ONE (1) ML UNDER THE TONGUE** AND HOLD THERE FOR 30 SECONDS BEFORE SWALLOWING.

## **Supplement Facts**

Serving Size 1 mL Servings Per Container 59

Amount Per Serving %Daily Value

Riboflavin (Vitamin B-2) (as Riboflavin 5'-Phosph	1.7 mg nate Sodium)	131
Niacin (as Niacinamide)	20 mg	125
Vitamin B-6 (as Pyridoxine Hydrochl	2 mg oride)	118
Vitamin B-12 (as Cyanocobalamin)	1,200 mcg	50,000
Pantothenic Acid (as Dexpanthenol)	30 mg	600

Other Ingredients: Purified Water, Sorbitol, Glycerin, Contains <2% of: Citric Acid Natural Flavors. Potassium Sorbate (preservative).

Refrigeration is not required. Calibrated Dropper Inside Vegetarian Formula

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IMPORTANT FACTS YOU SHOULD KNOW

This liquid provides an excellent source of B-Complex vitamins to help safeguard a sufficient daily intake. The **B-Complex** is essential for the maintenance of a healthy nervous system.\* The B Vitamins also play a role in energy metabolism in the bodv.\*

No veast, wheat, gluten, milk or milk derivatives. lactose, sugar, soy, artificial color, artificial flavor.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

\*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.

Liquid **B**-Complex with

**B-12** SUBLINGUAL

- Great Tasting
- Fast Acting
- With a Burst of B-12

59 Doses



**Supports Heart** and Nervous System Health\*

**Dietary Supplement** 

**Net Contents** 2 fl. oz. (59 mL)

B-Complex with B-12 offers a distinct advantage over conventional nutritional supplements - it comes in an easy-to-use liquid form which is perfect for those who have difficulty swallowing tablets and capsules. This form is also fast acting since there is no tablet or capsule for your digestive system to break down.

As everyone knows, a good diet contributes to optimal health. The B-Complex is made up of vitamins that work together to perform various functions in the body.\* Each vitamin works with your body to promote nervous system health and support energy metabolism.\*

KEEP OUT OF REACH OF CHILDREN, STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT, TAMPER RESISTANT: DO NOT USE IF OUTER SEAL IS BROKEN OR MISSING.

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