

IMPORTANT FACTS YOU SHOULD KNOW

B-Complex with Folic Acid + Vitamin C provides a good source of B-vitamins and is essential for the maintenance of healthy nervous tissue and energy metabolism.* This formula also contains Vitamin C to support the immune system and helps promote antioxidant activity.* Specially formulated to provide a gradual release of Vitamins over a prolonged period of time.

*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.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium.

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.

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

Visit us at: Rexall.com or call 1-866-4-REXALL
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ACTUAL
SIZE

Prod. No.
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**TIMED RELEASE
HIGH POTENCY**

B-Complex

with Folic Acid
+ Vitamin C

**Energy Metabolism and
Nervous System Health***

60 Coated Tablets
Dietary Supplement



DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid)	120 mg	133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	417%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate (400 mcg folic acid)	666 mcg DFE	167%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	10,417%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%

Other Ingredients: Hypromellose, Dicalcium Phosphate, Cellulose (Plant Origin), Vegetable Stearic Acid. **Contains <2% of:** Cellulose Coating, Maltodextrin, Mannitol, Silica, Vegetable Magnesium Stearate.

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