

WWW.PURITAN.COM

Puritan's Pride

B-Complex with B-12

B

90
Tablets

VEGETARIAN DIETARY SUPPLEMENT

TO REORDER ITEM # 190

DIRECTIONS: For adults, take one (1) tablet one to two times daily, preferably with meals.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	2.5 mg	208%
Riboflavin (Vitamin B-2)	2.5 mg	192%
Niacin (as Niacinamide)	5 mg	31%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%
Protease (as Papain Powder)	400 mcg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Maltodextrin. **Contains <2% of:** Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 190
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
© 2017 Puritan's Pride, Inc.
B53330 09E

