



DIETARY SUPPLEMENT

B COMPLEX

100
CAPSULES

Actual
Size

Vitamin B Complex

List No.: 560

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

Each Capsule Contains	% Daily Value	
Thiamin (Vitamin B1 as Thiamine Mononitrate)	3 mg	200%
Riboflavin (Vitamin B2)	3 mg	176%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	0.5 mg	25%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	1 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	5 mg	50%
Desiccated Liver	60 mg	*

*Daily Value not established.

Other Ingredients: Calcium Phosphate, Gelatin, Microcrystalline Cellulose, Silica, Magnesium Stearate, Croscarmellose Sodium, Stearic Acid.

Directions: As a dietary supplement, take one to two capsules daily, preferably with a meal or as directed by your healthcare professional.

Helps support a healthy nervous system.†

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.