



B+C

Vitamin B Complex
with Vitamin C

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Nerve Health* ✓ Immune Support*

180 Tablets | 90 Servings

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 90

	Amount Per Serving	% DV
Vitamin C (ascorbic acid)	500 mg	556%
Thiamin (Vitamin B-1)(from thiamin mononitrate)	10 mg	833%
Riboflavin (Vitamin B-2)	10 mg	769%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (from pyridoxine HCl)	10 mg	588%
Folate (800 mcg folic acid)	1,360 mcg DFE	340%
Vitamin B-12 (as cyanocobalamin)	30 mcg	1,250%
Biotin	300 mcg	1,000%
Pantothenic Acid (from d-calcium pantothenate)	200 mg	4,000%
Choline (from choline bitartrate)	100 mg	18%
Calcium (from dicalcium phosphate and d-calcium pantothenate)	32 mg	2%
Inositol	100 mg	†
PABA (para-aminobenzoic acid)	30 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Cellulose, silicon dioxide, stearic acid (veg.), croscarmellose sodium, ethylcellulose, magnesium stearate (veg.).

B+C is an excellent source of B complex vitamins, which support energy production and nervous system health.* It also provides vitamin C to promote healthy immune function.*

Directions: Adults: take two tablets daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

Tablet color may darken over time.

This formula is prepared to disintegrate over a period of up to 1 hour.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

POTENCY & QUALITY GUARANTEED

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