

**Recommendation:** Take 1 capsule daily with a meal.

B Complex capsules provide a full complement of B-vitamins plus choline and inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.\* B-vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy) and supplementation with B-12 may be especially important for vegetarians.

\*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.

**Warning:** For adults only. Consult physician if pregnant/nursing, taking medications, or have a medical condition.  
Keep out of reach of children.

Manufactured for: New Sun, Inc.  
Hendersonville, NC 28792  
(800) 544-0777 • [www.mynewsun.com](http://www.mynewsun.com)  
Product # 83-5 V8.0



# B Complex

## Nervous System Health\*

B-Complex for Maximum Effectiveness  
Supports Energy Production\*  
Vegetarian/Vegan

Dietary Supplement  
100 Vegetarian Capsules



## Supplement Facts

Serving Size: 1 Veg Capsule

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl) (Vitamin B-1)	100 mg	8333%
Riboflavin (Vitamin B-2)	100 mg	7692%
Niacin (Vitamin B-3 as Niacinamide)	100 mg	625%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5892%
Folate (400 mcg folic acid)	667 mcg DFE	167%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	2000%
Choline (from Choline Bitartrate)	10 mg	2%
Inositol	10 mg	†
PABA (Para-Aminobenzoic Acid)	10 mg	†

† Daily Value not established.

Other Ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Magnesium Stearate (vegetable source) and Silicon Dioxide.

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Store in a cool, dry place after opening.