

Contains NO: wheat • milk • lactose • eggs • tree nuts • peanuts • fish • shellfish.

#1 Trusted Natural Vitamin Brand[†]

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Please remove label to recycle bottle.
To open, press along perforation.

Our most complete B-complex food-based formula for chronic stress, depleted energy and fatigued adrenal glands.*

Stress causes your adrenal glands to work overtime and can eventually cause fatigue. Complete B-Complex provides adrenal support for heightened stress with high-potency B vitamins, co-nutrients, and energizing superfoods*

• **Boosts energy levels***

Potent B vitamins • 500 mg vitamin C • zinc • manganese
American ginseng • gotu kola • ashwagandha

• **Nourishes and calms the nervous system***

B vitamins • choline • calcium • magnesium • amino acids, including L-Theanine • California poppy

• **Gentle on the stomach**

Absorption enhancing superfoods: bee pollen & organic spirulina

SUGGESTED USAGE: Take one to three tablets daily, with or between meals.

No added artificial colors, flavors, preservatives, sugar, yeast or sweeteners.

KEEP OUT OF REACH OF CHILDREN. Consult your health care professional prior to use if you are pregnant, nursing, taking medication or have a medical condition.

* 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.

†Wiest & Co. 2014

New Look,
Same
Formula!



Complete B-Complex™

 **Food-Based Formula**

Energizing high-potency B-Complex*
Complete support for heightened stress*
Gentle on the stomach

Stimulant-Free | Dairy-Free
90 Tablets | Dietary Supplement

Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin C (as Magnesium Ascorbate)	500 mg	833%
Vitamin B-1 (as Thiamin Mononitrate)	60 mg	4,000%
Riboflavin (Vitamin B-2)	70 mg	4,118%
Niacin: Niacinamide 1:1	100 mg	500%
Vitamin B-6 (as Pyridoxine)	80 mg	4,000%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	120 mg	1,200%
Calcium (as Citrate)	50 mg	5%
Magnesium (as Ascorbate)	60 mg	15%
Zinc (as Amino Acid Chelate)	5 mg	33%
Manganese (as Amino Acid Chelate)	3 mg	150%
Potassium (as Citrate)	25 mg	<1%
Lemon Bioflavonoid Complex	75 mg	*
Choline (as Bitartrate)	150 mg	*
Inositol	50 mg	*
Absorption Enhancing Superfoods	340 mg	*
Bee Pollen	225 mg	*
Organic Spirulina	100 mg	*
Barley Grass	15 mg	*
Amino Acids	300 mg	*
L-Glutamine	150 mg	*
L-Cysteine	50 mg	*
L-Methionine	50 mg	*
L-Theanine	50 mg	*
Herbal Vitality Blend 4:1 Extracts	162 mg	*
(equivalent to 648 mg of herbal powder) Gotu Kola (herb), American Ginseng [root], California Poppy [herb], Gentian [root], Ashwagandha [root], Orange [fruit] Essential Oil		

* Daily Value (DV) not established.

Other Ingredients (natural mineral or vegetable source):
cellulose, stearic acid, silica, modified cellulose. Coating:
Vegetable food glaze (dextrin, dextrose, soy lecithin, carboxy
methyl cellulose, sodium citrate).
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