

We believe that Amazing Nutrition™ is the key for Healthy Living. We are passionate about bringing you the finest selection of products which can perfectly complement a healthy diet and active lifestyle.

Amazing Nutrition's B-complex tablets provide 100mg of all the major B vitamins, plus a selection of other essential vitamins and minerals.* B vitamins perform a number of essential functions, primarily to help improve the metabolism and to keep the body fueled and energized.* They also support immune and heart health.* Our Amazing B-complex formula also has Niacin to support healthy heart and nervous functions, and Choline to support brain health.*

KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING

Manufactured for and Distributed by:
Amazing Nutrition
Hoboken NJ 07030
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** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to cure, prevent, treat or diagnose any disease.*



120 TABLETS

AMAZING  NUTRITION

AMAZING  FORMULAS

DIETARY SUPPLEMENT

B-Complex

- ✓ Helps to Keep the Body Energized*
- ✓ Supports Heart & Nervous System*
- ✓ Supports Overall Health & Well-being*

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	Serving Per Container: 120	%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg		6,667%
Riboflavin (Vitamin B-2)	100 mg		5,882%
Niacin (as Niacinamide)	100 mg		500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg		5,000%
Folic Acid	100 mcg		25%
Vitamin B-12 (as Cyanocobalamin)	100 mcg		1,667%
Biotin (as d-Biotin)	100 mcg		33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg		1,000%
PABA (Para-Aminobenzoic Acid)	100 mg		**
Inositol	100 mg		**
Choline Bitartrate	100 mg		**

**Daily Value not established.

OTHER INGREDIENTS: Vegetable Cellulose, Silica, Vegetable Stearic Acid, Crosscarmellose Sodium. Contains <2% of: Vegetable Coating, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement, adults take one (1) tablet daily, preferably with a meal or as directed by your health care professional.

CAUTION: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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

