



New Day. Fresh Start. Better Health.

B Complex

90 Tablets
Dietary Supplement

Supplement Facts

Serving Size 2 Tablets
Servings per Container 45

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	750 mg	1250%
Vitamin B1 (as Thiamine HCl)	50 mg	4167%
Vitamin B2 (as Riboflavin)	50 mg	3846%
Niacin (as Niacinamide)	200 mg	1250%
Vitamin B6 (as Pyridoxine HCl)	100 mg	5882%
Folate (as L-5-Methyltetrahydrofolate)	400 mcg DFE	100%
Vitamin B12 (as Cyanocobalamin)	125 mcg	2083%
Biotin	150 mcg	500%
Vitamin B5 (as d-Calcium Pantothenate)	200 mg	4000%
Choline (as Choline Bitartrate)	100 mg	18%
Calcium (as Dicalcium Phosphate)	115 mg	9%
Phosphorus (Dicalcium Phosphate)	75 mg	6%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Oxide)	10 mg	91%
Chromium (as Chromium Chloride)	50 mcg	143%
Inositol	100 mg	*
PABA (Para Amino Benzoic Acid)	50 mg	*
Passionflower Extract 4:1 (Whole herb)	10 mg	*
Valerian Root Extract 4:1	10 mg	*

*Daily Value Not Established

Other Ingredients: Stearic Acid, Cellulose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Hypromellose, Hydroxypropyl Cellulose, Confectioner's Glaze, Polyethylene Glycol, Carnauba Wax