

Nested Naturals B-Complex provides all 8 B-vitamins along with their close cousins Choline and Inositol for added support. B-vitamins play a role in covering food to fuel to promote a healthy metabolism.*

- ✓ B-vitamins are involved in metabolism, helping you produce the energy you need to power through your day.*
- ✓ Supports the normal function of serotonin and dopamine, promoting positive mood.*
- ✓ Helps to promote a healthy response to occasional stress.*

Suggested Use: Take 1 vegan capsule daily with water as needed.

Warning: Use only as directed. Consult your physician before use if you are pregnant or nursing, have a serious medical condition, or use prescription medications. Keep out of reach of children. Food supplements are not a substitute for a varied diet.

*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.

1-866-992-3677
WWW.NESTEDNATURALS.COM



B-COMPLEX

B-VITAMINS + CHOLINE & INOSITOL

ENERGY* • MOOD* • STRESS*



DIETARY SUPPLEMENT

60 VEGAN CAPSULES

Supplement Facts

Serving Size: 1 Vegan Capsule

Servings Per Container: 60

Amount per serving	% Daily Value
Thiamin (as Vitamin B1) 50mg	4167%
Riboflavin (as Vitamin B2) 50mg	3846%
Niacin (as Niacinamide / Vitamin B3) 50mg	313%
Vitamin B6 (as Pyridoxine HCl) 50mg	2941%
Folate (as L-5-MTHF / Vitamin B9) 400 mcg	100%
Vitamin B12 (as Methylcobalamin) 50 mcg	2083%
Biotin (as Vitamin B7) 50 mcg	167%
Pantothenic Acid (Vitamin B5) (as D-Calcium Pantothenate) 50 mcg	1000%
Inositol 50mg	†
Choline Bitartrate 50mg	9%

† Daily Value not established

OTHER INGREDIENTS: RICE FLOUR, VEGETABLE CELLULOSE (CAPSULE).

DISTRIBUTED BY: NESTED NATURALS INC.
301-525 SEYMOUR STREET, VANCOUVER, BC V6B 3H7

Store in a cool, dry place. Avoid excessive heat.
Do not use if safety seal is broken.

Allergies? We have you covered.

Does not contain wheat, gluten, GMO, soy, dairy, egg, corn, fish, shellfish, peanuts, tree nuts, yeast, barley or added sugar.



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