

SUGGESTED USE: Take 2 capsules daily at any time.

VITALITY B Complex is organically grown in soil and includes phytochemicals and other natural cofactors found in nature.

GLUTEN FREE • VEGAN • NON-GMO

Contains no yeast, dairy, egg, gluten, soy, wheat, sugar, starch, preservatives or artificial color or flavor.

Warning: If you are pregnant or lactating, consult a healthcare professional before using this product. Keep out of reach of children. Store in a cool, dry place.



NATURAL VITALITY

VITALITY B
Plant-Sourced B Complex

Organically Grown **INGREDIENTS**
60 Capsules • Dietary Supplement

Supplement Facts

Serving Size: 2 capsules

Servings per Container: 30

Amount per Serving	% Daily Value	
Total Carbohydrate	1 g	<1%†
Thiamine*	22 mg	1,470%
Riboflavin*	20 mg	1,180%
Niacin*	34 mg	170%
Vitamin B ₆ *	22 mg	1,100%
Folate*	0.7 mg	180%
Vitamin B ₁₂ (as methylcobalamin)	50 mcg	830%
Pantothenic acid*	38 mg	380%

† Percent Daily Values are based on a 2,000-calorie diet

Other ingredients: vegan pullulan capsule.
*from organic guava, holy basil and lemon extracts