

21ST
CENTURY[®]



B-Complex

Plus Vitamin C



Energy Support*

V I T A M I N S U P P L E M E N T

100 TABLETS



Directions: As a vitamin supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives or Artificial Flavors. 500515-0520N

***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.**

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin C (as Ascorbic Acid)	300 mg	333%
Thiamin (as Thiamin Mononitrate, B-1)	15 mg	1,250%
Riboflavin (Vitamin B-2)	14.3 mg	1,100%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	175 mg	13%

Other Ingredients: Cellulose, Croscarmellose Sodium, Stearic Acid. **Contains <2%** of: Magnesium Silicate, Magnesium Stearate, Maltodextrin, PEG, Polyvinyl Alcohol, Silicon Dioxide, Titanium Dioxide.

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B vitamins are interdependent upon each other and interrelated in function; they help convert food into energy and help maintain the nervous system and body tissues.*

ACTUAL SIZE

Proudly Manufactured by

21ST Century HealthCare, Inc.

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21stcenturyvitamins.com

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