



Vitamin B Complex - 100 Tablets

SKU FDC2663

Directions:

Adults-take one (1) tablet daily as a dietary supplement.

Supplement Facts		
Serving size: 1 Tablets		Serving per container: 100
Amount per serving		% Daily Value
Thiamin (Vitamin B-1) (as thiamine monitrate)	3 mg	200%
Riboflavin (Vitamin B-2)	6 mg	353%
Niacin (as niacinamide)	1 mg	5%
Vitamin B-6 (as pyridoxine HCL)	20 mcg	1
Folate (as folic acid)	2 mcg	<1%
Vitamin B-12 (as cyanocobalamin)	5 mcg	83%
Pantothenic Acid (as d-calcium pantothenate)	40 mcg	<1%
*Daily Value not established.		
Other Ingredients: Brewer's yeast, whey, dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate and pharmaceutical glaze. Contains:Milk (whey) and Yeast (brewer's yeast).		

Warnings:

If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur..