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Item No. 194



Puritan's Pride®

PREMIUM

B-Complex and B-12



180
Tablets

VEGETARIAN VITAMIN SUPPLEMENT

TO REORDER ITEM # 194

DIRECTIONS: For adults, take one (1) to six (6) tablets daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride and Brewer's Yeast)	7 mg	467%
Riboflavin (Vitamin B-2) (as Riboflavin and Brewer's Yeast)	14 mg	804%
Niacin (as Niacin and Brewer's Yeast)	4.5 mg	23%
Vitamin B-12 (as Cyanocobalamin and Brewer's Yeast)	25 mcg	417%
Protease (as Pepsin Powder)	10 mg	*

*Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid. Contains <2% of: Silica, Vegetable Magnesium Stearate. Contains wheat ingredients.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Fish, Sodium Free.

Puritan's Pride Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNINGS: If you are pregnant, nursing or taking any medications, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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