Proprietary blend of ALL 8 essential B vitamins for energy, cardiovascular health, and cell renewal. Includes biotin for healthy hair, skin, and nails* and a patented folic acid coating to help reduce the risk of birth defects.* Helps metabolize energy from carbohydrates, fat,

and protein.* •GLUTEN FREE

U.S. Patent No(s) 6.465.013 and 6.852.335 Seal under cap for your protection. See bottom for exp. date.

NQ012A



+B Boost

B-Complex

Powerful support for vital bodily functions and daily energy*

Patented bio-activated absorption system

DIETARY SUPPLEMENT | 240 TABLETS

DIRECTIONS: Take 2 tablets daily.

Supplement Facts

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	1 g	<1%**
Thiamin (as thiamine mononitrate)	20.25 mg	1,688%
Riboflavin	22.95 mg	1,765%
Niacin (as niacinamide)	270 mg	1,688%
Vitamin B ₆ (as pyridoxine hydrochlorid	e) 27 mg	1,588%
Folate 668 mcg DI	FE (400 mcg folic acid)	167%
Vitamin B ₁₂ (as cyanocobalamin)	81 mcg	3,375%
Biotin (as d-biotin)	300 mcg	1,000%
Pantothenic Acid (as d-calcium pantot	henate) 135 mg	2,700%

**Percent Daily Values (DV) are based on a 2,000 calorie diet. OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, TORULA YEAST, HYDROXYPROPYL METHYLCELLULOSE. CROSCARMELLOSE SODIUM, HYDROXYLATED SOY LECITHIN.

Distributed by Shaklee Corporation, 4747 Willow Road Pleasanton, CA 94588 • Product questions: 925.734.3638

No artificial flavors, sweeteners, colors, or preservatives added.