



Vitamin

B

Complex

energy metabolism*

DIETARY SUPPLEMENT

50 Tablets

*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.

B vitamins are necessary for the normal functioning of the nervous system. They also aid in converting carbohydrates into energy.*

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Thiamin (Vitamin B1) 50 mg	3333%
Riboflavin (Vitamin B2) 50 mg	2941%
Niacin 50 mg	250%
Vitamin B6 50 mg	2500%
Folic Acid 400 mcg	100%
Vitamin B12 50 mcg	833%
Biotin 50 mcg	17%
Pantothenic Acid 50 mg	500%

INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Pyridoxine Hydrochloride, Calcium Pantothenate, Riboflavin, Niacinamide, Thiamin Mononitrate, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Magnesium Stearate, Dextrin, Dextrose, Lecithin, Folic Acid, Sodium Carboxymethylcellulose, Sodium Citrate, Cyanocobalamin, Biotin.

CONTAINS: SOY

Distributed by The Kroger Co.
Cincinnati, Ohio 45202

SUGGESTED USE: Adults, take one tablet daily with the meal of your choice.

If you are pregnant or nursing a baby, ask a doctor before using this product.

KEEP OUT OF THE REACH OF CHILDREN.

Store at room temperature (59°-86°F).

Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect.

**QUALITY
GUARANTEE**
800-632-6900
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Actual
Size

Gluten
Free

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