



Important Information

Ingredients

1 Tablet: Thiamin (Vitamin B-1) 50mg, Riboflavin (Vitamin B-2) 50mg, Niacin (as Niacinamide) 50mg, Vitamin B-6 (as Pyridoxine Hydrochloride) 50mg, Folic Acid 400mcg, Vitamin B-12 (as Cyanocobalamin) 50mcg, Biotin 50mcg, Pantothenic Acid 10mg, Calcium 115mg

Directions

As a dietary supplement, adults take one (1) tablet daily with any meal or as directed by your healthcare provider. Do not exceed recommended dosage.

Product Description

B Vitamins are independent upon each other and interrelated in function. They convert food into energy and help maintain the nervous system and body tissues. Prolonged release vitamins slowly release nutrients into the body over an extended period of time.

Product Details

Shipping Weight: 4.8 ounces

ASIN: B008PIJCKI

UPC: 087701407277