

Complete B-Complex™



Supplement Facts

Serving Size 3 Tablets

	Amount Per Serving	% DV
Vitamin C (as Magnesium Ascorbate)	500 mg	833%
Vitamin B-1 (as Thiamin Mononitrate)	60 mg	4,000%
Riboflavin (Vitamin B-2)	70 mg	4,118%
Niacin: Niacinamide 1:1	100 mg	500%
Vitamin B-6 (as Pyridoxine)	80 mg	4,000%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	120 mg	1,200%
Calcium (as Citrate)	50 mg	5%
Magnesium (as Ascorbate)	60 mg	15%
Zinc (as Amino Acid Chelate)	5 mg	33%
Manganese (as Amino Acid Chelate)	3 mg	150%
Potassium (as Citrate)	25 mg	<1%
Lemon Bioflavonoid Complex	75 mg	*
Choline (as Bitartrate)	150 mg	*
Inositol	50 mg	*
Absorption Enhancing Superfoods	340 mg	*
Bee Pollen	225 mg	*
Organic Spirulina	100 mg	*
Barley Grass	15 mg	*
Amino Acids	300 mg	*
L-Glutamine	150 mg	*
L-Cysteine	50 mg	*
L-Methionine	50 mg	*
L-Theanine	50 mg	*
Herbal Vitality Blend 4:1 Extracts	162 mg	*
(equivalent to 648 mg of herbal powder) Gotu Kola [herb], American Ginseng [root], California Poppy [herb], Gentian [root], Ashwagandha [root], Orange [fruit] Essential Oil		

* Daily Value (DV) not established

Other Ingredients: (natural or mineral source): microcrystalline cellulose, stearic acid, silica, magnesium stearate, modified cellulose. Coating: vegetable food glaze. Contains soy lecithin in vegetable glaze.

Suggested Usage: 1-3 tablets daily, preferably with meals.