

vitamin B complex

high potency B vitamins

helps support energy metabolism
and nervous system health*



250
TABLETS

250 COATED TABLETS
DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		Percent Daily Values
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	1,000%
Riboflavin (Vitamin B-2)	12.5 mg	750%
Niacin (as Niacinamide)	50 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	12.5 mg	100%
Folic Acid	50 mcg	10%
Vitamin B-12 (as Cyanocobalamin)	12.5 mcg	200%
Biotin	25 mcg	5%
Pantoic Acid (as D-Calcium Pantothenate)	50 mg	100%
Calcium (as Dicalcium Phosphate)	125 mg	10%
Phosphorus	25 mg	10%

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Vegetable Stearic Acid, Contains <2% of: Cellulose Coating, Maltodextrin, Mannitol, Silica, Vegetable Magnesium Stearate.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

Laboratory tested to meet strict quality control standards for potency, purity and disintegration.

*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.

ENERGY METABOLISM*

Vitamin B complex consists of several essential nutrients needed by the body.* This complex of vitamins plays a role in well-being and energy metabolism and assists nerve function.*

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call 1-800-910-6874

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ACTUAL SIZE