As a dietary supplement, take 1 capsule daily or as directed by a healthcare professional.

Do not use if neck wrap is broken or missing. If pregnant or breastfeeding, ask a healthcare professional before use. Keep out of reach of children. Store at room temperature out of direct sunlight.



Phyto B Complex

Dietary Supplement

Rhodiola Rosea Extract and Bioavailable Multi-B Vitamins

60 Capsules

Serving Size: 1 capsule Supplement Facts Servings Per Container: 60 Amount Per Serving %DV Thiamin (Vitamin B1, as Thiamine Mononitrate) 72 mg 6000% Riboflavin (Vitamin B2, as Riboflavin-5'-Phosphate) 1000% Niacin (Vitamin B3, as Niacinamide) 32 mg NE 200% Vitamin B6 (as Pyridoxal-5'-Phosphate) 42.5 mg 2500% Folate (Vitamin B9, as L 5 Methyltetrahydrofolic Acid Glucosamine) 400 mcg DFE 100% Vitamin B12 (as Methylcobalamin) 120 mcg 5000% Coenzyme B12 (as 5'- Deoxyadenosylcobalamin) 120 mcg 5000% Biotin 30 mcg 100% Pantothenic Acid (Vitamin B5, as Calcium-D-Pantothenate) 50 mg 1000% Rhodiola Rosea Root Powder Extract 75 mg Daily Value (DV) not established.

Other Ingredients: Capsule (Hydroxypropyl Methylcellulose, Purified water), Dibasic Calcium Phosphate, Silicon Dioxide.

Distributed by Energetix Corp., Dahlonega, GA 30533 800.990.7085

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Questions? Comments?

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