



**WARNING:** This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Discontinue use 2 weeks prior to surgery. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

**DIRECTIONS:** Take 1 capsule daily preferably with food.

 **Crush It!** ⇒ Protect from heat, light and moisture.  
⇒ Store at 70-25°C (50-77°F)

\*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.

 **WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).



CORE NUTRITIONALS®

# B-COMPLEX

ENERGY<sup>+</sup> | CARDIO<sup>+</sup> | METABOLISM<sup>+</sup>

DIETARY SUPPLEMENT  
90 VEGETABLE CAPS

## Supplement Facts

Serving Size: 1 capsule

Servings Per Container: 90

	Amount Per Serving	% Daily Value
Thiamin (as thiamine mononitrate)	100 mg	8333%
Riboflavin	100 mg	7692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	100 mg	5882%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	20mg	4%
Inositol	100mg	**

\*\*Daily value not established.

**OTHER INGREDIENTS:** Hypromellose, Magnesium Stearate, Silicon Dioxide.

Manufactured in a  
U.S. cGMP Facility  
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