

Directions: Take 1 to 2 tablespoons daily in juice, milk, or smoothies. Mix 1 or 2 T. in hot or cold cereal, soup, and entrées. Add to most any recipe to increase nutritional value. Great in yogurt and even desserts.

Purely-B is the only whole food B complex concentrate available. Unlike other B vitamin supplements, the nutrients in Purely-B are 100% natural—no synthetics are added. Nor is this corrupted by feeding synthetic vitamins to yeast, as is done with imitation whole food supplements. Purely-B is a real food source of amino acids, niacin, thiamine, riboflavin, pyridoxine, iron, magnesium, and phosphorus. It also contains pure essential fatty acids and easy-to-digest, nourishing carbohydrates. Plus, it is fortified with wild, raw chaga and maca, which give it a rich, mocha-like flavor. Chaga and maca are dense sources of B vitamins and minerals. This is the natural way to energize the body.*

*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.



North American
Herb & Spice

Dietary Supplement



Purely-B

Natural, raw whole food B vitamins

Total body cellular energy*

Supports a healthy metabolic response*

14.10 OZ. (400 grams)

Supplement Facts

Serving size: 1 tablespoon (14g) Servings per container: 28

Amount Per Serving	% Daily value
Calories 46	Calories from fat 18
Total Fat 2g	3%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 136mg	5%
Total Carb. 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	4%
Vitamin A 0% Vitamin C 21% Iron 6% Calcium 0%.	
*% Daily Values based on a 2000 calorie diet.	
Thiamin 1mg	70%
Niacin 6mg	30%
Vitamin B ₆ 0.3mg	15%
Folic Acid 124mcg	30%
Choline 41mg	8%
Riboflavin 0.3mg	20%
Pantothenic Acid 1mg	12%
Biotin 8mcg	2%
Vitamin B ₁₂ 0.03mcg	*

*Contains less than 2% of the daily value of this nutrient.

Ingredients: rice bran, rice germ, torula yeast, royal jelly powder, wild, raw chaga, organic roasted maca, red sour grape

Mfd. for North American Herb & Spice
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