

Essential B vitamins from organic fruits and veggies to support cellular energy, cardiovascular and cognitive functions, and healthy hair, skin, and nails.*

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

Caution: Please consult a healthcare professional before taking this supplement if you are pregnant, breastfeeding, or taking any medications. Store in original container away from moisture and direct sunlight. Keep out of reach of children. The B9 and B12 in this product are sensitive to degradation. Once opened, please consume product within 60 days.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



To learn more about this product, scan QR code or visit nutrigold.com/item/2150



SKU # 2150

Formulated & Distributed By
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NUTRIGOLD®

ORGANIC & NON-GMO

B-Complex Gold™

PLANT-BASED B VITAMINS

30 ORGANIC CAPSULES

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings Per Container: 30

	Amount Per Serving	% DV
Thiamin (from organic food blend)	10 mg	833%
Riboflavin (from organic food blend)	9 mg	692%
Niacin (from organic food blend)	16 mg	100%
Vitamin B6 (from organic food blend)	10 mg	588%
Vitamin B9 (from organic food blend)	800 mcg DFE	200%
Vitamin B-12 (as methyl B-12 & adenosyl B-12) [§]	36 mcg	1,500%
Biotin (from organic food blend)	45 mcg	150%
Pantothenic Acid (from organic food blend)	17 mg	340%

Organic Food Blend 555 mg †
(organic lemon [peel] extract, organic guava [fruit] extract, organic holy basil [leaf] extract, organic *Sesbania* [leaf] extract, organic apple [fruit], organic kale [leaf], organic broccoli [floret], organic spinach [leaf], organic carrot [whole root], organic parsley [leaf], organic beet [root], organic green cabbage [leaf], organic blueberry [fruit], organic raspberry [fruit], organic strawberry [fruit], organic tomato [fruit]).

[†]Daily Value not established.

[§]Not plant-based (synthesized).

Other Ingredients: Certified organic pullulan capsule, organic rice concentrate.