

IMPORTANT FACTS YOU SHOULD KNOW

The B Complex is made up of several vitamins that work well together to support nervous system health and energy metabolism.* Each nutrient in this potent blend performs a unique role in supporting proper metabolic function.* Folic Acid is part of a triad of vitamins along with Vitamin B-6 and Vitamin B-12 that support heart health.*

*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: If you are pregnant, nursing, taking any medications or have any medical condition, 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.

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MANUFACTURED FOR DOLGENCORP, LLC
100 MISSION RIDGE
GOODLETTSVILLE, TN 37072 USA

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SIZE

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HIGH POTENCY
B-Complex

**Heart Health and
Energy Metabolism***

60 Tablets
Multi-Vitamin Supplement



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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	118%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	250%

Other Ingredients: Calcium Carbonate, Cellulose (Plant Origin), Croscarmellose. **Contains <2% of:** Cellulose Coating, Natural Palm Leaf Glaze, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium.