

## Quality Guaranteed

This product has been manufactured and packaged in strict conformance with industry and government standards.

### FOIL-TAMPER RESISTANT SEAL

If printed heat induced seal appears to be tampered with, do not use product.

**Directions:** Adults, take one tablet daily as a dietary supplement, preferably with a meal. Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect.\*

**Warning:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

\*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.

Store in a dry place under controlled room temperature: 20°- 25°C (68°-77°F).

**Keep Out of the Reach of Children.**

nature's measure<sup>®</sup>

# Super B Complex

May promote heart & nervous system health\*

DIETARY SUPPLEMENT

30 tablets

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Thiamin (Vitamin B1)	1.5 mg	125%
Riboflavin (Vitamin B2)	1.7 mg	131%
Niacin (as Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	2mg	118%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%
Calcium (as Dicalcium Phosphate)	35 mg	2%

**Other Ingredients:** Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Silica, Magnesium Stearate, Talc, Pharmaceuticals Grade

**GUARANTEED NO ADDED:** Sugar, Starch, Yeast, Dairy, Egg, Fragrance, Artificial Colors or Flavors and Preservatives. Sodium Free.

LOT/EXP. DATE

21135J/3-22