

Directions: As a dietary supplement, take one capsule daily or as directed by your healthcare practitioner.

This bottle is sealed for your protection. Do not use if inner seal has been tampered with or damaged.

WARNING: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN

PURE HERBS, LTD.™
Natural Herbal Extracts

Vitamin B Complex

Dietary Supplement

100 Capsules

Supplement Facts

Serving Size: 1 Capsule
Servings per container: 100

Amount Per Serving		%DV
Vitamin C (ascorbic acid)	6 mg	6%
Thiamin (Vitamin B1) (as thiamin hydrochloride)	33 mg	2750%
Riboflavin (Vitamin B2)	33 mg	2530%
Niacin (as niacinamide, niacin USP)	33 mg NE	200%
Vitamin B6 (as pyridoxine hydrochloride)	33 mg	1940%
Folate (as folic acid)	222 mcg DFE (133 mcg folic acid)	50%
Vitamin B12 (cyanocobalamin)	33 mcg	1370%
Biotin	100 mcg	330%
Pantothenic Acid (as calcium pantothenate)	33 mg	660%
Choline (bitartrate)	33 mg	6%
Inositol	33 mg †	
Proprietary Blend	164 mg †	
Lemon Biflavonoids, Para Amino Benzoic Acid (PABA), Rutin, Rose Hips/ Dog Rose Extract (fruit) Acerola Powder Extract (fruit), White Rice Flour		

NE=Niacin Equivalents, DFE=Dietary Folate Equivalents

† Daily Value (DV) not established

Other Ingredients: Gelatin.

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