



B-Complex + Minerals

A Dietary Supplement



**Douglas
Laboratories®**

90 Tablets

Supplement Facts

Serving Size 4 tablets • Servings Per Container approx. 22

Amount Per Serving	%DV	Amount Per Serving	%DV
Thiamine	10 mg 667%	Zinc (from Zinc Chelate)	2 mg 13%
Riboflavin	10 mg 588%	Copper (from Copper Chelate)	2 mg 100%
Niacinamide	40 mg 200%	Manganese (from Manganese Sulfate)	4 mg 200%
Vitamin B-6 (as Pyridoxine HCl)	4 mg 200%	Potassium (from Potassium Chloride)	8 mg <1%
Vitamin B-12	8 mcg 133%	Choline (from 20 mg Choline Bitartrate)	9 mg *
Pantothenic Acid (as Calcium Pantothenate)	10 mg 100%	Inositol	20 mg *
Calcium (from Veal Bone)	356 mg 38%	PABA (Para-Aminobenzoic Acid)	2 mg *
Iron	20 mg 111%	Hitrate Concentrate	
Phosphorus (from Veal Bone)	230 mg 23%	Proprietary Blend	73 mg *
Iodine (from Kelp)	100 mcg 67%	Vitamin A, Vitamin C (Ascorbic Acid), Vitamin D-3, Vitamin E (as Vitamin E Succinate), Biotin, Citrus Bioflavonoids.	
Magnesium (from Magnesium Oxide)	2 mg <1%		

Other ingredients: Cellulose, vegetable stearate and silica.

Manufactured in the USA by:

Douglas Laboratories

600 Boyce Road • Pittsburgh, PA 15205 USA

www.douglaslabs.com

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 4 tablets daily with meals or as directed by your healthcare professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

KEEP OUT OF REACH OF CHILDREN
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C)
(35-65% relative humidity)

Tamper resistant package,
do not use if outer seal is missing.

Formula #7003

