



B Complex

DIETARY SUPPLEMENT

100
SOFTGEL
CAPSULES



**TAMPER RESISTANT - DO NOT USE IF IMPRINTED
SAFETY SEAL UNDER CAP IS BROKEN OR MISSING**

DIRECTIONS: Adults: One softgel capsule daily.

Supplement Facts

Serving Size 1 Capsule

Amount per capsule		% Daily Value
Thiamine (B-1) (thiamine mononitrate)	3 mg	200%
Riboflavin (B-2)	3 mg	176%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	0.5 mg	25%
Vitamin B-12 (as cyanocobalamin)	1 mcg	17%
Pantothenic Acid (as calcium pantothenate)	5 mg	50%
Desiccated Liver	60 mg	*
Debittered Brewer's Yeast	60 mg	*

*Daily Value not established.

Other Ingredients: Gelatin, soybean oil, glycerin, purified water, sunflower lecithin, beeswax, FD&C red #40 lake, titanium dioxide, dicalcium phosphate, FD&C yellow #6 lake (sunset yellow) and FD&C blue #1 lake.



Free of sugar, starch, sodium, gluten, milk products, nuts, preservatives and artificial flavors.

To preserve quality and freshness, keep bottle tightly closed.
Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN



Control No.:

Exp. Date:

Questions or comments? Call 1-800-645-2158, weekdays 9 am-5 pm ET
www.rugbylaboratories.com

Mfd for: **RUGBY LABORATORIES, INC.**

DULUTH, GEORGIA 30097