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Item No. 194

Puritan's Pride®
PREMIUM

B-Complex and B-12

B

180 Tablets

VEGETARIAN VITAMIN SUPPLEMENT

TO REORDER ITEM # 194

DIRECTIONS: For adults, take one (1) tablet one to two times daily, preferably with meals.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	2.5 mg	167%
Riboflavin (Vitamin B-2)	2.5 mg	147%
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Protease (as Papain Powder)	10 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. **Contains <2% of:** Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

Puritan's Pride® Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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. Do not use if seal under cap is broken or missing.

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www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Holbrook, NY 11741 U.S.A.
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