

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure 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, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. If any adverse reactions occur, stop use and consult your doctor. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 530
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
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B53161 14H



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Puritan's Pride

TIMED RELEASE

**B-Complex
with
Vitamin C**



100
Easy to Swallow
Coated Caplets

VEGETARIAN DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid)	120 mg	133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	417%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate (400 mcg folic acid)	666 mcg DFE	167%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	10,417%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%

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