

**DIRECTIONS:** For adults, take two (2) caplets daily, preferably with a meal.

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 or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



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

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[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

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**PURITAN'S PRIDE, INC.**  
Rockton, MA 01770 U.S.A.  
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Puritan's Pride

# Complete B B-Complex Vitamin



**250**  
Easy to Swallow  
Coated Caplets

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 2 Caplets

Servings Per Container 125

Amount Per Serving		% Daily Value
Vitamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	83%
Riboflavin (Vitamin B-2)	15 mg	1,154%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	588%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	1,042%
Biotin (as d-Biotin)	100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	1,000%
Calcium	114 mg	9%
Proprietary Blend	75 mg	*
PABA (Para-Aminobenzoic Acid), Choline Bitartrate and Inositol		

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. Contains <2% of Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.