

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

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

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.

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

TO REORDER ITEM # 1250
www.puritan.com
1-800-645-1030

Carefully Manufactured for
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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B14346 08F
14-17824PPS 11793-02-17



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 Puritan's Pride

Complete B

**B-Complex
Vitamin**



100
Easy to Swallow
Coated Caplets

VEGETARIAN VITAMIN SUPPLEMENT

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 50

Amount Per Serving		% Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	833%
Riboflavin (Vitamin B-2)	15 mg	1,154%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	588%
Folate (400 mcg folic acid)	666 mcg DFE	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%
Choline (as Choline Bitartrate)	10 mg	2%
Calcium	114 mg	9%
Proprietary Blend PABA (Para-Aminobenzoic Acid) and Inositol	50 mg	*

*Daily Value not established.