

Nested Naturals B-Complex provides all 8 B-vitamins along with their close cousins Choline and Inositol for added support. B-vitamins play a role in converting food to fuel to promote a healthy metabolism.\*

- ✓ B-vitamins are involved in metabolism, helping you produce the energy you need to power through your day.\*
- ✓ Supports the normal function of serotonin and dopamine, promoting positive mood.\*
- ✓ Helps to promote a healthy response to occasional stress.\*

**Suggested Use:** Take 1 vegan capsule daily with water as needed.

**Warning:** Use only as directed. Consult your physician before use if you are pregnant or nursing, have a serious medical condition, or use prescription medications. Keep out of reach of children. Food supplements are not a substitute for a varied diet.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Get Your Next Bottle Free\*  
[nestednaturals.com/free](http://nestednaturals.com/free)

\*One use per customer



# B-COMPLEX

B-VITAMINS + CHOLINE & INOSITOL

ENERGY\* • MOOD\* • STRESS\*



Dietary Supplement 60 Vegan Capsules

## Supplement Facts

Serving Size: 1 Vegan Capsule  
 Servings Per Container: 60

Amount per serving	% Daily Value†
Thiamin	50mg 4167%
Riboflavin	50mg 3846%
Niacin (as Niacinamide)	50mg 313%
Pyridoxine (as Pyridoxine HCl)	50mg 2941%
Folate (as 400 mcg L-5-methyltetrahydrofolate)	680mcg DFE 170%
Methylcobalamin (Vitamin B12)	50mcg 2083%
Biotin	50mcg 167%
Pantothenic Acid (as D-Calcium Pantothenate)	50mg 1000%
Inositol	50mg †
Choline Bitartrate	50mg 9%

† Percent Daily Values are based on a 2,000 calorie diet.  
 † Daily Value not established.

**OTHER INGREDIENTS:** RICE FLOUR, VEGETABLE CELLULOSE (CAPSULE).

**DISTRIBUTED BY:** NESTED NATURALS INC.  
 250-997 SEYMOUR ST., VANCOUVER, BC V6B 3M1

Store in a cool, dry place. Avoid excessive heat.  
 Do not use if safety seal is broken.

**Allergies? We have you covered.**  
 This product contains no wheat, gluten, GMO, soy, dairy, egg, corn, fish, shellfish, nuts, tree nuts, yeast, barley, or added sugar.

