

Directions: As a dietary supplement, take 1 capsule daily with 6-10 ounces of water.

Warning: This product is only intended to be consumed by healthy individuals 18 years of age or older. Keep out of reach of children. Consult your physician before use if you are using any prescription or over-the-counter medications, or if you have any pre-existing medical conditions. Discontinue use at least 2 weeks prior to surgery. Discontinue use and consult your physician or other health care professional if you experience any adverse reactions while using this product.

Storage: Product is filled by weight not volume, some settling may occur. To keep product fresh and prevent clumping, store tightly-closed in a cool, dry place.

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.

STAUNCH

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STAUNCH LABS

VITAMIN B COMPLEX

WITH VITAMIN C & INOSITOL

460MG
PER SERVING

/ 90
PER CONTAINER

/ 90
SERVINGS

90 CAPSULES

Dietary Supplement

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

Amount Per Serving		% DV
Vitamin C (as ascorbic acid)	40mg	45%*
Thiamin (as thiamine mononitrate)	60mg	5,000%*
Riboflavin	75mg	5,770%*
Niacin (as niacinamide)	35mg NE	220%*
Vitamin B6 (as pyridoxine HCl)	50mg	2,940%*
Folate	400mcg DFE	100%*
Vitamin B12 (as methylcobalamin)	1,000mcg	41,670%*
Biotin	600mcg	2,000%*
Pantothenic Acid (as D-calcium pantothenate)	100mg	2,000%*
Inositol	50mg	**
Choline Bitartrate	50mg	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: Rice flour, capsules (gelatin, purified water), stearic acid, calcium silicate.