

DIRECTIONS: Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light & moisture.
Store in a cool, dry place.
Do not purchase if seal is broken.

MADE IN THE U.S.A. FROM GLOBALLY SOURCED INGREDIENTS.

†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.



B COMPLEX

with Vitamin C & Iron

Antioxidant Support[†]
General Wellness[†]

100 TABLETS
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Vitamin C (ascorbic acid & rose hips)	150 mg	167%
Thiamin (thiamin HCl)	5 mg	417%
Riboflavin	5 mg	385%
Niacin (niacinamide)	50 mg	313%
Vitamin B6 (pyridoxine HCl)	5 mg	294%
Vitamin B12 (cyanocobalamin)	12.5 mcg	521%
Biotin	12.5 mcg	42%
Pantothenic acid (D-calcium pantothenate)	25 mg	500%
Iron (ferrous fumarate)†	20 mg	111%
Choline (choline bitartrate)	20 mg	4%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	15 mg	*

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silica and coating (hypromellose, glycerine, carnauba wax, talc).

†WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose call a doctor or poison control center immediately.

NO SUGAR, WHEAT, SOY, MILK, ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

NON GMO - GLUTEN FREE - VEGAN

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10 Henderson Drive, West Caldwell, NJ 07006
www.windmillvitamins.com

ITEM: 136A ND

