

SUGGESTED USE:

As a dietary supplement, take 1 capsule daily with 8-12 oz of water or as directed by your healthcare professional.

- **THIRD PARTY TESTED†**
- **NON-GMO†**
- **GLUTEN-FREE†**

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place.

**MADE AND QUALITY TESTED IN THE USA
WITH GLOBALLY SOURCED INGREDIENTS.**

Distributed by Nutricost®
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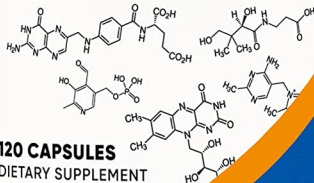
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Vitamin B Complex

460MG | **120** | **120**
Per Serving | Capsules | Servings



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

| Amount Per Serving | | % DV* |
|---|------------|---------|
| Vitamin C (as ascorbic acid) | 40mg | 45% |
| Thiamin (Vitamin B1) (as thiamine mononitrate) | 60mg | 5,000% |
| Riboflavin (Vitamin B2) | 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.

† 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.



Other ingredients: Rice flour, di-calcium phosphate, hypromellose (cellulose) capsule, stearic acid (vegetable source), silica.