

**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<sup>†</sup>**
- **NON-GMO<sup>†</sup>**
- **GLUTEN-FREE<sup>†</sup>**

**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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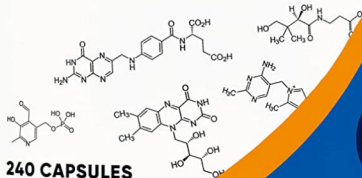
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**nutricost**

# Vitamin B Complex

**460MG** | **240** | **240**  
Per Serving | Capsules | Servings



**240 CAPSULES**  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 240

Amount Per Serving		% DV*
Vitamin C (as ascorbic acid)	40mg	45%
Thiamin (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%
Choline	20mg	4%
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, hypromellose (cellulose) capsule, stearic acid (vegetable source), silicon dioxide.

† 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.

