



GLUTEN
FREE



DAIRY
FREE



SOY
FREE

Suggested Use:

Take 2 capsules daily preferably with a meal or as directed by your healthcare professional.

Warnings: KEEP OUT OF REACH OF CHILDREN. Do not use it if you are pregnant or nursing. As with any dietary supplement, consult with your healthcare provider before use. Safety sealed for your protection. DO NOT USE if the safety seal is broken.



Distributed by:

Pattern Wellness, LLC
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Pattern
WELLNESS

Vitamin B Complex

Promotes Energy Production*

SUPPORTS COGNITIVE & NERVOUS SYSTEM FUNCTION*

60 VEGETABLE
CAPSULES



DIETARY SUPPLEMENT
30 DAY SUPPLY

Supplement Facts

Serving Size: 2 Capsules
Serving Per Container: 30

Amount Per Serving		%DV
Thiamine (Vitamin B1) (as thiamine HCl)	100mg	8333%
Riboflavin (Vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	75mg	5769%
Niacin (as niacinamide and niacin)	100mg*	625%
Vitamin B6 (as pyridoxine HCl and pyridoxine 5'-phosphate)	100mg	5882%
Folate (as L-5-methyltetrahydrofolate)	666µg*	167%
Vitamin B12 (as methylcobalamin)	300µg	12500%
Biotin	1000µg	3333%
Pantothenic Acid (as D-calcium pantothenate)	500mg	10000%
Calcium (as D-calcium pantothenate and dicalcium phosphate)	50mg	4%
Inositol	100mg	†
PABA (para-aminobenzoic acid)	50mg	†

*Percent Daily Values (%DV) not established.

*NE (niacin equivalents) *DFE (dietary folate equivalents)

Other Ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetable stearate, silica.

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



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