

**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.**

Manufactured for: **nutricost**  
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NTC.01.24



**nutricost**

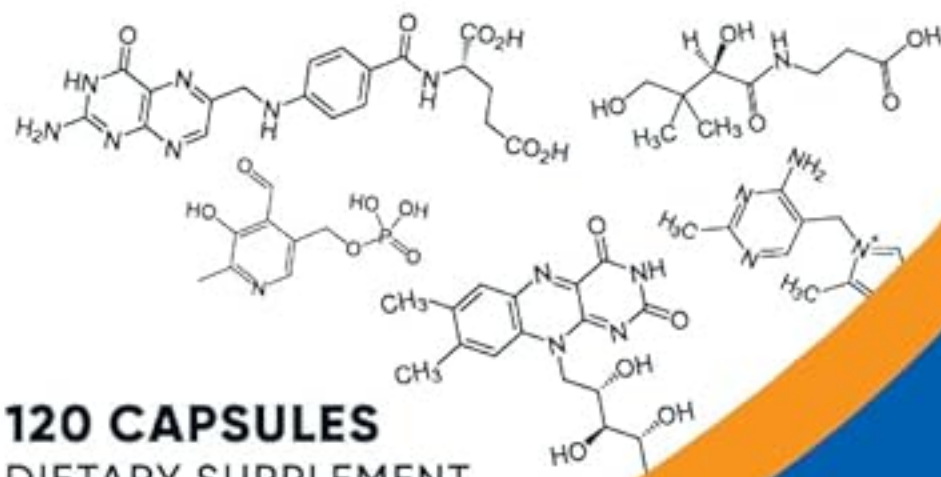
# Vitamin B Complex

**462MG** | **120** | **120**

Per Serving

Capsules

Servings



**120 CAPSULES**  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 120

Amount Per Serving	% DV*
Vitamin C (as ascorbic acid)	40mg 44%
Thiamin (Vitamin B1) (as thiamine mononitrate)	60mg 5,000%
Riboflavin (Vitamin B2)	75mg 5,769%
Niacin (as niacinamide)	35mg NE 219%
Vitamin B6 (as pyridoxine HCl)	50mg 2,941%
Folate (as folic acid)	400mcg DFE 100%
Vitamin B12 (as methylcobalamin)	1,000mcg 41,667%
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: Dicalcium phosphate, Hypromellose (cellulose) capsule, stearic acid, rice flour, calcium silicate.