

B-Complex Vitamins contribute in many ways to your general health. They are most effective when taken together. B-Vitamins help you metabolize fats, carbohydrates, and proteins, providing the building blocks for cells and energy. B-Vitamins improve circulation and the delivery of oxygen and other nutrients to tissues throughout your body.

Many people experience a dramatic increase in energy levels when taking B-Vitamins, especially in liquid form. This is due, in part, because B-Vitamins assist in producing adrenal hormones and help the body use iron more efficiently. They also contribute to proper red blood cell counts. B-Vitamins help the immune system by promoting a healthy white blood cell count.

Folic Acid, Vitamin B6, and Vitamin B12 help lower homocysteine, an amino acid that can cause heart damage and inflammation throughout the body. B-Vitamins enhance the production of acetylcholine, which is involved in memory and many other brain functions. In addition, B-Vitamins aid the body's response to stress. They are needed for healthy nerve function and promote their proper growth.*

No other B-Complex is better absorbed than ENP's liquid B-Complex. Our product is cold-processed to preserve nutrient integrity.



Effective Natural Products
Riverside, CA
1-866-896-0079
www.effective-natural.com



* These statements have not been evaluated by the FDA.
This product is a dietary supplement and is not intended
to diagnose, treat, cure, or prevent any disease.

B-Complex

Energy Boost - Stress Response



32
SERVINGS

High Potency B-Vitamin Complex
Supports Heart Health, Mood Balance
Youthful Skin & High Energy Levels

32 fl. oz.

Supplement Facts

Serving Size: 2 Tablespoons (One Ounce)
Servings per container: 32
Bottle size: 32 fluid ounces (approx. 946 ml)

	Amount Per Serving	% Daily Value
Vitamin B1 (Thiamin HCl)	25 mg	1667%
Vitamin B2 (Riboflavin)	50 mg	2941%
Vitamin B3 (Niacinamide)	50 mg	250%
Pantothenic Acid (Calcium Pantothenate)	100 mg	1000%
Vitamin B6 (Pyridoxine HCl)	50 mg	3500%
Vitamin B12 (Cyanocobalamin)	500 mcg	8333%
Biotin	300 mcg	100%
Folic Acid	900 mcg	225%
Choline (Bitartrate)	30 mg	*
Inositol	25 mg	*
DMG (Dimethylglycine)	25 mg	*

Percent Daily Values are based on a 2000 calorie diet.
* Daily Value not established.

Other Ingredients: Purified Water, Aloe Vera, Vegetable Glycerin, Natural Flavors, Vegetable Gum, Stevia, Potassium Sorbate

Contains no artificial color or sweeteners. Contains no yeast, wheat, sugar, dairy, or soy products.

Directions: As a dietary supplement take 2 Tablespoons (one ounce) daily. May be mixed with juice. One capful = 2 Tablespoons (1 oz.) Rinse after each use. **Shake well before use.**

100% Vegetarian

MADE IN USA