

Warnings: Do not take if you are pregnant or nursing. Consult a healthcare professional prior to use if you have a medical condition, or plan to undergo laboratory testing.

Keep out of reach of children.
Protect from light.



Vitamin B-Complex

With Vitamin C



Supports energy production*
Nervous system and immune support*
Free of gluten and soy

200 Vegetarian Capsules
Dietary Supplement



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 200

Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	150 mg	167%
Thiamine (Vitamin B1) (as Thiamine Mononitrate)	50 mg	4167%
Riboflavin (Vitamin B2)	20 mg	1538%
Niacin (Vitamin B3) (as Niacinamide)	25 mg NE	156%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (400 mcg Folic Acid)	666 mcg DFE	167%
Vitamin B12 (as Cyanocobalamin)	15 mcg	625%
Biotin	30 mcg	100%
Pantothenic Acid (Vitamin B5) (as Calcium D-Pantothenate)	100 mg	2000%

Other Ingredients: Dicalcium phosphate, modified cellulose (vegetarian capsule), magnesium stearate, and silicon dioxide.

Directions: As a dietary supplement for adults, take 1 capsule daily preferably with a meal or as directed by a healthcare professional.

*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.

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