

Directions: As a dietary supplement, take one (1) tablet daily, or as directed by a health care professional. To be used as dietary supplement in a normal food program. The unique balance of ingredients found in **B-Long** is not found in any other supplement product.*

Certified free of: Starch, corn, milk, wheat, yeast, sugar, eggs, salt, artificial colors, binders, flavors, preservatives and fish derivatives.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DO NOT REFRIGERATE.
KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.



Product#10150

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NDC:65883-140-15

B-Long

(Sustained Release B-Complex
& Antioxidant Formula)

120 TABLETS

Dietary Supplement
Highest Quality Available

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 120

Amount Per Servings	%DV	Amount Per Servings	%DV
Thiamin (B ₁) 20mg (as Thiamine HCl)	1333%	Choline Bitartrate 60mg	*
Riboflavin (B ₂) 25mg (as Riboflavin & Riboflavin 5' phosphate)	1471%	Para Amino Benzoic Acid 40mg	*
Vitamin B ₆ (as Pyridoxine HCl & Pyridoxal 5' phosphate) 25mg	1250%	Inositol 40mg	*
Niacin 60mg (as Niacinamide)	300%	Alpha Lipoic Acid 10mg	*
Vitamin B ₁₂ 100mcg (as Cobalamin concentrate)	1667%	Pine Bark Extract 10mg (from Bark)	*
Folate 400mcg (as Folic Acid)	100%	Ginkgo Biloba 10mg (from leaf)	*
Pantothenic Acid 100mg (as D-Calc Pantothenate)	1000%	Grape Seed Extract 10mg (from seed)	*
Magnesium 30mg (as Magnesium Oxide)	8%	Lycopene 1mg	*
Biotin 300mcg	100%	Blueberry Extract (from berry) 10mg	*
Zinc 3mg (as Zinc Gluconate)	20%	Taurine (Amino Acid) 10mg	*

* Daily Value Not Established

Other Ingredients: Di-calc phosphate, stearic acid, microcrystalline cellulose, magnesium stearate and silicon dioxide.

Distributed by:

Montiff, Inc. LA County, CA 90404

To order call (310) 582-8938