

**DIRECTIONS:** Take 1 tablet daily with food as a dietary supplement or as directed by a healthcare professional.



**KEEP OUT OF REACH OF CHILDREN.**  
Protect from heat, light & moisture.  
Store in a cool, dry place.  
Do not purchase if seal is broken.



**MADE IN THE U.S.A.**  
FROM GLOBALLY SOURCED  
INGREDIENTS

†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.

ITEM: 134NL



# B Complex

with Choline & Inositol

BALANCED B VITAMIN<sup>†</sup>  
PROMOTES ENERGY METABOLISM<sup>†</sup>  
100 TABLETS | DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Vitamin B1 (as thiamin HCl)	5 mg	417%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	5 mg	294%
Folate	167 mcg DFE (100 mcg folio acid)	42%
Vitamin B12 (as cyanocobalamin)	25 mcg	1,042%
Biotin	25 mcg	83%
Pantothenic acid (as D-calcium pantothenate)	20 mg	400%
Calcium (as dicalcium phosphate)	60 mg	5%
Choline (as choline bitartrate)	50 mcg	<1%
PABA (para-aminobenzoic acid)	40 mg	*
Inositol	50 mcg	*

\*Daily value not established.

**Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, silica, magnesium stearate and coating (hypromellose, glycerin, talc, carnauba wax).

 WINDMILL. [windmillvitamins.com](http://windmillvitamins.com)

**NO** SUGAR, WHEAT, SOY, MILK,  
ARTIFICIAL COLORS,  
FLAVORS OR PRESERVATIVES

**NON GMO - GLUTEN FREE - VEGAN**