



Bottle made from 100% post consumer recycled material. 

We are committed to you and our planet. Scan to learn more.



**Recommended Use:** Take 1 VegCap with a meal three times daily.

## Supplement Facts

Serving Size 1 VegCap  
Servings Per Container 100

Amount Per 1 VegCap	% Daily Value	
Thiamin (Vitamin B <sub>1</sub> , mononitrate)	33 mg	2750%
Riboflavin (Vitamin B <sub>2</sub> )	33 mg	2538%
Niacin (niacinamide)	33 mg	206%
Vitamin B <sub>6</sub> (pyridoxine HCl)	33 mg	1941%
Folate	200 mcg DFE (120 mcg folic acid)	50%
Vitamin B <sub>12</sub> (cyanocobalamin)	33 mcg	1375%
Biotin	100 mcg	333%
Pantothenic Acid (d-calcium pantothenate)	33 mg	660%
Choline (bitartrate)	11 mg	2%
Proprietary Blend Inositol, Lemon Bioflavonoid Extract, Para-Aminobenzoic Acid (PABA), Rutin, Wheat Germ ( <i>Triticum aestivum</i> ), Rose Hips ( <i>Rosa canina</i> ), Acerola Fruit Extract ( <i>Malpighia glabra</i> )	150 mg	†

†Daily Value not established.

Other Ingredients: Vegetable capsule (hypromellose, water), cellulose, rice concentrate.

We source the world's purest ingredients, no matter where they are grown, to ensure the active nutrients are delivered just as nature intended.

# B-Complex



**GENERAL NUTRITION SUPPORT\***

*Yeast Free*

Dietary Supplement

**100 VEGCAPS**



\*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.

Do not use if inner seal is missing or damaged.



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