

NEXT CENTURY NUTRITION™



- B Vitamins help maintain a healthy metabolism*
- Added Vitamin C & Zinc help support your immune system*
- Provides support for occasional stress*
- Helps maintain healthy nerves, muscles, hair, skin, & nails*

Suggested use:
Adults, take one (1) capsule daily, preferably with food and drink.



This product meets the specifications of THE SPECIFIC CARBOHYDRATE DIET

- No Gluten
- No Lactose
- No Artificial Colors
- No Artificial Flavors
- No Animal Derivatives
- No Sugar or Starch
- No Gelatin
- No Yeast

Questions? Comments?

Please email us at cs@freedahealth.com
Manufactured for:
Freeda Health / Brooklyn, NY 11210
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KOSHER PAREVE

FREEDA®

SINCE 1928



SCD
**B-Complex
plus C & Zinc**

ENERGY•



Stress Support*

60 CAPSULES

DIETARY SUPPLEMENT

With Methylfolate

Supplement Facts

Serving Size: 1 Vegetable Capsule

	Amount Per Serving	% Daily Value
Vitamin C (as calcium ascorbate)	300 mg	333%
Thiamin (vitamin B1) (as thiamin HCl)	25 mg	2083%
Riboflavin (vitamin B2)	25 mg	1923%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	25 mg	1471%
Folate (as L-Methylfolate Calcium)	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	25 mcg	1042%
Biotin	25 mcg	83%
Pantothenic Acid (as calcium pantothenate)	25 mg	500%
Choline (as choline citrate)	5 mg	<1%
Calcium (as calcium ascorbate)	30 mg	2%
Zinc (as zinc citrate)	15 mg	136%

Other ingredients: Vegetable hypromellose capsule, vegetable magnesium stearate, silicon dioxide, microcrystalline cellulose.

Keep out of reach of children. Store in a cool, dry place. Do not expose to excessive heat or moisture. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care practitioner prior to using this product.

*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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