

— TRUSTED SINCE 1972 —



WINDMILL
NATURAL VITAMINS

B-COMPLEX WITH VITAMIN C & IRON

Pharmacist Recommended

**Blood Builder†
Helps Convert Food into Energy†**

100 TABLETS | DIETARY SUPPLEMENT

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

KEEP OUT OF REACH OF CHILDREN.

Protect from heat, light & moisture.

Store at 15-30°C (59-86°F).

Do not purchase if seal is broken.

MADE IN THE U.S.A.

†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.

For more info, visit us at www.windmillvitamins.com

ITEM: 136A / TC: 507110N2



0 35046 01136 9

SUPPLEMENT FACTS

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Vitamin C (as ascorbic acid & from rose hips)	150 mg	250%
Vitamin B1 (as thiamin HCl)	5 mg	333%
Vitamin B2 (as riboflavin)	5 mg	294%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%
Vitamin B12 (as cyanocobalamin)	12.5 mcg	208%
Biotin	12.5 mcg	4%
Pantothenic acid (as D-calcium pantothenate)	25 mg	250%
Iron (as ferrous fumarate)†	20 mg	111%
Choline bitartrate	50 mg	*
Inositol	50 mg	*
PABA	15 mg	*

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, dicalcium phosphate, croscarmellose sodium, magnesium stearate, silica, brewer's yeast and pharmaceutical glaze.

†WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

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

Distributed by
Windmill™ Health Products,
6 Henderson Drive
West Caldwell, NJ 07006