



B-complex 125

energy production^v

nervous system
function^v

nutrient
metabolism^v

vitamin
100 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamine (as thiamin mononitrate)	125 mg	8330%
Vitamin B2 (as riboflavin)	125 mg	7350%
Niacin (as niacinamide)	125 mg	630%
Pyridoxine (as pyridoxine hydrochloride)	125 mg	6250%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	125 mcg	2080%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	1250%
Inositol	125 mg	*
PABA (para-aminobenzoic acid)	125 mg	*
Choline (as choline bitartrate)	60 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, dicalcium phosphate, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, pharmaceutical glaze, natural vanilla.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives or Artificial Colors.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with meals.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

V 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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