

Do not accept if seal is broken.
Product No. 6341
Store between 59°-86° F.
Keep out of the reach of children.



Country Life

101 Corporate Drive, Hauppauge, NY 11788
www.countrylifevitamins.com

Lot No:

11F722A
07/14

Best by:



B VITAMINS

BASIC-B CAPS

Vitamin B Complex with Extra
B-12 and Pantothenic Acid
90 Vegetarian Capsules

Dietary Supplement



Country[®]
Life

Directions: Adults take one (1) capsule daily with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Thiamin (vitamin B-1)(as thiamine hydrochloride)...	25 mg 1,667%
Riboflavin (vitamin B-2)	25 mg 1,471%
Niacin (as niacinamide)	25 mg 125%
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg 1,250%
Folic Acid.	400 mcg 100%
Vitamin B-12 (as cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate).....	50 mg 500%
Inositol.....	25 mg *
PABA (para-aminobenzoic acid)	25 mg *
Choline (from 25 mg of choline bitartrate)	11 mg *

* Daily Value not established.

Other Ingredients: Cellulose, cellulose (capsule shell), silica, magnesium stearate.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, corn, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.