



**vitamin**  
**100** softgels  
dietary supplement

**B-complex**  
**50**

energy production<sup>▼</sup>  
nutrient  
metabolism<sup>▼</sup>

gluten  
free

dairy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1)(as thiamine mononitrate)	50 mg	3333%
Riboflavin (Vitamin B2)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Choline (as choline bitartrate)	5 mg	*

\* Daily Value not established.

**Other ingredients:** Soybean oil, gelatin, glycerin, purified water, soy lecithin, polyglycitol syrup, yellow beeswax, dicalcium phosphate, turmeric extract, titanium dioxide, silicon dioxide, annatto suspension in sunflower oil.

**Contains:** Soy.

**Does not contain:** Wheat, Gluten, Sugar, Salt, Dairy, Citrus, Fish, Preservatives or Artificial Flavors.

**DIRECTIONS:** As a dietary supplement, take one (1) softgel daily, preferably with a meal.

**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.

▼ 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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