



wecare
naturally



B COMPLEX

Essential B Vitamins for Energy and
Total Wellness*

60 Vegetarian Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: One Capsule

Servings Per Container: 60

Each Capsule Contains:

		%DV
Thiamin (as Thiamin HCl)	110 mg	7,333%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	10 mg	588%
Niacin (130 mg as Niacinamide and 10 mg as Niacin)	140 mg	700%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%
Folate (as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	400 mcg	6,667%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	110 mg	1,100%
Choline Citrate	80 mg	**

**Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.

Suggested Use: Take 1 capsule one to three times daily or as recommended by your health-care practitioner. B Complex is a comprehensive supplement providing essential B vitamins.* With all B vitamins in the most activated forms, B Complex supports energy production and nutrient metabolism, and helps to maintain red blood cell integrity, hormonal balance, and nerve function.*

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured for WeCare Naturally 1118 Cadillac Court, Milpitas, CA 95035 (408) 586-9988 www.wecarenaturally.us



CHNB104_03
101512

Made in USA