

Does NOT contain GMOs, fillers, binders, artificial ingredients, preservatives, Stearates, Laurates, Sulfates, or Dioxides.

FREE of milk, egg, shellfish, peanuts, wheat, and soy.

Caution: Please consult your healthcare provider before taking this supplement if you are pregnant, breastfeeding, and/or taking any OTC or prescription medications for a health condition. Store in a cool, dry place. Keep out of the reach of children.

Suggested Use: As a dietary supplement, adults take one (1) vegetarian capsule 1 to 2 times daily, or as directed by a healthcare professional.

The Whole Food B-Complex GOLD™ Advantage

- 100% natural, food-based B Vitamins
- Synergistic complex of B Vitamins sourced from either organic fruits and vegetables or cultured in nutritional *S. cerevisiae*
- Nourishing, wholesome, and gentle - can be taken on an empty stomach
- Enhanced bioavailability, assimilation, and absorption
- Manufactured to stringent cGMP standards



WHOLE-FOOD + FOOD-BASED B-COMPLEX GOLD™

Dietary Supplement to Support
Cellular Energy, Heart Health,
Nerve Health, and Emotional Wellness*

100% Natural, Nourishing Blend of B Vitamins with Superior Absorption

High Potency

120

Vegetarian
Capsules

Supplement Facts

Serving Size: 1 Vegetarian Capsule

	Amount Per Serving	%DV
Organic Thiamine [^] (Vitamin B1)	4.4 mg	293%*
Organic Riboflavin [^] (Vitamin B2)	4.0 mg	235%*
Niacin (Vitamin B3 (22% Organic [^] ; 78% Cultured ^Q))	29.3 mg	146%*
Organic Pyridoxine [^] (Vitamin B6)	4.4 mg	220%*
Organic Folic Acid [^] (Vitamin B9)	340 mcg	85%*
B12 ^Q (as Methylcobalamin)	50 mcg	833%*
Biotin ^Q	500 mcg	166%*
Organic Pantothenic Acid [^] (Vitamin B5)	7.6 mg	76%*
Choline ^Q (as Choline Bitartrate)	25 mg	†
Inositol ^Q	25 mg	†
PABA ^Q	15 mg	†

[^] From Organic Guava, Organic Holy Basil & Organic Lemon

^Q Nutrients cultured in *S. cerevisiae*

* Percent Daily Values based on a 2,000 calorie diet

† Daily Values not established

Other ingredients: Vegetarian Capsule (Plant Cellulose), Natural Rice Concentrate.

Distributed By: NutriGold® Inc, Orem, UT 84057, USA.

(800) 476-3542 • www.nutrigold.com

*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.

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