

**Directions:** As a dietary supplement, take one (1) to two (2) capsules daily, or as directed by a health care professional. To be used as dietary supplement in a normal food program. The unique balance of ingredients found in **B-Complete** is not found in any other supplement product.\*

**Certified free of:** Starch, corn, milk, wheat, yeast, sugar, eggs, salt, artificial colors, binders, flavors, preservatives and fish derivatives.

\* 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.

DO NOT REFRIGERATE.  
KEEP OUT OF REACH OF CHILDREN.  
STORE IN A COOL, DRY PLACE.



Product#10130

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NDC:65883-120-15

# B-Complete

(B-Complex & Antioxidant Formula)

**120 CAPSULES**

Dietary Supplement  
Highest Quality Available

LOT 0311164  
EXP 4 14

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 120

Amount Per Servings	%DV	Amount Per Servings	%DV
Vitamin B <sub>1</sub> , 20mg (as Thiamine HCl)	1333%	D-Biotin 300mg	%DV
Vitamin B <sub>2</sub> , 22mg (Pyridoxine HCl & Pyridoxal 5' phosphate)	1100%	Taurine (Amino Acid) 20mg	*
Vitamin B <sub>3</sub> , (Riboflavin-5-phosphate) 15mg	882%	Choline Bitartrate 60mg	*
Niacin 30mg	150%	Para Amino Benzoic Acid 40mg	*
Vitamin B <sub>6</sub> , 100mcg (Cyanocobalamin)	1667%	Inositol 30mg	*
Calcium Pantothenate 100mg	10%	Alpha Lipoic Acid 20mg	*
Panethine 5mg	50%	Pine Bark Extract 10mg	*
Folate 200mcg	50%	Ginkgo Biloba 10mg	*
Magnesium 30mg (Oxide)	8%	Grape Seed Extract 10mg	*
Zinc (Glucuronate) 3mg	20%	Lycopene 1mg	*
		Bilberry Extract 10mg	*

\* Daily Value Not Established

**Other Ingredients:** Gelatin, may also contain, microcrystalline cellulose, silicon dioxide and vegetable steric acid.

Distributed by:

Montiff, Inc. LA County, CA 90404

To order call (310) 582-8938