

Vegan. Contains NO: wheat • gluten • milk • lactose • tree nuts • peanuts • eggs • fish • shellfish.

#1 Trusted Natural Vitamin Brand[†]
No Caffeine or Stimulants!

**100% Recycled, 100% Recyclable,
 BPA-Free Bottle**

Please remove label to recycle bottle.
 To open, press along perforation.

**New Look,
 Same
 Formula!**



 **Food-Based**

B-Complete™

with Greens, Herbs & Vegetables

Manages occasional stress*

Boosts natural energy levels*

Gentle on the stomach

Vegan | Gluten-Free

90 Tablets | Dietary Supplement

**All the B vitamins you need, in one
 easy-to-digest, food-based tablet.**

Delivers potent B vitamins for energy production,
 nervous system support and management of
 occasional stress.* Stomach soothing greens,
 vegetables and herbs may aid digestion.*

• **Boosts energy levels and manages
 occasional stress without stimulants***

Potent B-complex • eleuthero •
 astragalus • green foods

• **Supports optimal functioning
 of the nervous system***

Potent B-complex • choline

• **Gentle on the stomach**

Organic spirulina • greens, herbs & vegetables

No added artificial colors, flavors,
 preservatives, sugar, yeast or
 sweeteners.

SUGGESTED USAGE: Take one tablet
 daily, with or between meals. May be
 taken on an empty stomach.

* 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.



S u p p l e m e n t F a c t s		
Serving Size: 1 Tablet Servings per Container: 90		
	Amount Per Serving	%DV
Vitamin B-1 (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	50 mg	500%
Choline (as Bitartrate)	42 mg	*
Inositol	50 mg	*
Food and Herbal Ingredients	145 mg	*
Eleuthero [root]	100 mg	*
Organic Spirulina	30 mg	*
Vegetables, Herbs & Greens 4:1 Extracts (equivalent to 60 mg of whole food powder)	15 mg	*
Celery, Carrot, Horsetail [herb], Kelp, Astragalus [root], Beet, Broccoli, Jujube [fruit], Nettle [leaf], Parsley, Spinach.		
* Daily Value (DV) not established.		

Other Ingredients (natural mineral or vegetable source) cellulose,
 stearic acid, silica, modified cellulose. Coating: Vegetable food glaze
 (dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium
 citrate).

KEEP OUT OF REACH OF CHILDREN. Consult
 your health care professional prior to use if you
 are pregnant, nursing, taking medication or have
 a medical condition.

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