

Vegan. Contains NO: wheat • gluten • milk • lactose • tree nuts • peanuts • eggs • fish • shellfish. No added artificial colors, flavors, preservatives, sugar, yeast or sweeteners.

#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.

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

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
45 Tablets | Dietary Supplement

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 45

	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).

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

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.

* 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.

Formulated & Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS®

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