

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

#1 Trusted Natural Vitamin Brand[†]

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

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

New Look,
Same
Formula!



Energy B-Complex[™] Plus Vitamin C

 Food-Based Formula

Provides a natural energy boost*

Supports mental alertness*

Gentle on the stomach

Gluten-Free | Stimulant-Free

90 Tablets | Dietary Supplement

Natural support for all-day physical and mental energy.*

Helps protect against the mid-afternoon slump – without stimulants.* High-potency B-complex & vitamin C participate in the body's energy-producing cycles, plus science-based herbs that support mental vigor.*

• **Provides a natural energy boost***

High potency B-complex & vitamin C • eleuthero

• **Supports mental alertness***

B vitamins, with extra B6, B12 & folic acid • choline • ginkgo

• **Gentle on the Stomach**

Organic spirulina • octacosanol (from spinach)

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.

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.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin B-1 (as Thiamin Mononitrate)	50 mg	3,330%
Riboflavin (Vitamin B-2)	50 mg	2,940%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	75 mg	3,750%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	150 mcg	2,500%
Biotin	1 mg	333%
Vitamin B-5 (as Calcium Pantothenate)	100 mg	1,000%
Choline (as Bitartrate)	100 mg	*
Inositol	50 mg	*
Eleuthero [root] 4:1 Extract (equivalent to 800 mg of herbal powder strength)	200 mg	*
Ginkgo [leaf] 4:1 Extract (equivalent to 240 mg of herbal powder strength)	60 mg	*
Organic Spirulina	100 mg	*
Octacosanol (from Spinach)	300 mcg	*

* Daily Value (DV) not established.

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

Formulated & Distributed by **RAINBOW LIGHT NUTRITIONAL SYSTEMS[®]**
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