

21ST
CENTURY®



VITAMIN SUPPLEMENT

B Complex

with C

Helps Convert Food into Energy and
Supports the Immune System*

100 Tablets

Directions: As a vitamin supplement, take one (1) tablet daily with any meal or as directed by your healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if: pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature. No added sugar, yeast, preservatives or artificial flavors.
Gluten Free.

PROUDLY MANUFACTURED BY
21ST Century HealthCare, Inc.

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www.21stcenturyvitamins.com 500515-1214r1



21ST Century®...for a healthier future.

B Complex with C

B vitamins are interdependent upon each other and interrelated in function; they convert food into energy and help maintain the nervous system and body tissues.* Vitamin C is an important antioxidant nutrient that helps neutralize free radicals which may cause cellular damage in the body*. Vitamin C also supports a healthy immune system.*

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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV
Vitamin C (as Ascorbic Acid)	300 mg	500%
Thiamin (as Thiamin Mononitrate, B-1)	15 mg	1000%
Riboflavin (Vitamins B-2)	10.2 mg	600%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	150 mg	15%

Percent Daily Value (DV).

Other Ingredients: Dicalcium Phosphate, Cellulose, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Dextrin, Magnesium Stearate, Titanium Dioxide, Riboflavin, PEG, Dextrose, Lecithin. Contains a soy ingredient.

*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.

