

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, Artificial Flavors or Colors.

PROUDLY MANUFACTURED BY
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501012-0215R1



21ST
CENTURY®



VITAMIN SUPPLEMENT

B Complex

Helps Convert Food into
Energy and Helps Maintain the
Nervous System*

100 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Thiamin (Vitamin B-1)	1.5 mg 100%
Riboflavin (Vitamin B-2)	1.7 mg 100%
Niacin	20 mg 100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg 100%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg 100%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	125 mg 13%

Percent Daily Value (DV).

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, Polyvinyl Alcohol, Talc, PEG, Polysorbate.

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

B Complex

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.*

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*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.

