

IMPORTANT FACTS YOU SHOULD KNOW

B-Complex with Folic Acid + Vitamin C provides a good source of B-vitamins and is essential for the maintenance of healthy nervous tissue and energy metabolism.* This formula also contains Vitamin C to support the immune system and helps promote antioxidant activity.* Specially formulated to provide a gradual release of Vitamins over a prolonged period of time.

*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.

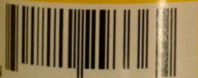
No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT.
TAMPER RESISTANT; DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Manufactured by Rexall, Inc.
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Deerfield Beach, FL 33442

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ACTUAL
SIZE

Prod. No.
29336
05C B53161
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60 Coated Tablets
Dietary Supplement

Since 1903
Rexall[®]

TIMED RELEASE
HIGH POTENCY

B-Complex

with Folic Acid
+ Vitamin C

Energy Metabolism and
Nervous System Health*



DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin C (as Ascorbic Acid)	120 mg	200%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%

Other Ingredients: Hypromellose, Dicalcium Phosphate, Cellulose (Plant Origin), Vegetable Stearic Acid. Contains 2% of: Cellulose Coating, Maltodextrin, Mannitol, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

Quality Guaranteed Lab Tested

Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.