



Ultra B-Complex Tablets

A Dietary Supplement



**Douglas
Laboratories®**

100 Tablets

Supplement Facts

Serving Size 1 tablet
Servings Per Container 100

Amount Per Serving		%DV
Thiamine (Vitamin B-1)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin/Niacinamide	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	1,500 mcg	500%
Pantothenic Acid	50 mg	500%
Choline (from 50 mg Choline Citrate/Bitartrate)	20.5 mg	*
Inositol	50 mg	*
PABA (<i>para</i> -Aminobenzoic Acid)	150 mg	*

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.

Manufactured by:
Douglas Laboratories
600 Boyce Road • Pittsburgh, PA 15205
www.douglaslabs.com

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage:

As a dietary supplement, adults take 1 tablet daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/ 15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #82050

