

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

B Vitamins are needed to maintain healthy nerves and skin, as well as for energy production and metabolism. Because the closely related B Vitamins provide maximum benefit when taken together, our **B-Complex** tablets are formulated to provide these essential daily vitamins in a single tablet.†

Due to variations in nature, the natural color of this product may be slightly different with each batch; however, the quality specifications remain the same.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0008

† 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.

B COMPLEX 50 mg

Promotes Healthy Skin, Hair,
Eyes, and Nerves†

Dietary Supplement

30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value	
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide)	50 mg	2500%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Choline (as choline bitartrate)	50 mg	*
Inositol	50 mg	*
PABA (as para-aminobenzoic acid)	50 mg	*

* Daily Value not established.

Other Ingredients: Calcium stearate (vegetable source), cellulose, silica, stearic acid (vegetable source).

SUGGESTED USE: Take one tablet daily with food.

KEEP OUT OF REACH OF CHILDREN. 235-30L



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