

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

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** capsules are formulated to provide these essential daily vitamins in a convenient single dose.†

WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

† 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

60 CAPSULES



Supplement Facts

Serving Size 1 Capsule Servings Per Container 60

Amount Per Serving	% Daily Value	
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
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	*

* Daily Value not established.

Other Ingredients: Capsule (gelatin), silicon dioxide, magnesium stearate (vegetable source), cellulose.

SUGGESTED USE: Take one capsule daily with food.

KEEP OUT OF REACH OF CHILDREN. 236-60J

