

SUGGESTED USE: Take two tablets daily with food.

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, skin, energy production and metabolism. Our **B-Complex** contains all the B vitamins because they provide maximum benefit when taken together.[†]

Our product is formulated in a phytonutrient base of brown rice bran, greens, bee pollen, bioflavonoids, cruciferous and sea vegetables, carrot, parsley, fruits and fruit pectin, safflower, ginger and fennel. This base supports assimilation and provides naturally occurring EFA's, amino acids, fiber, bioflavonoids, plant pigments, and enzymes. Separating dosages will further optimize nutrient absorption and utilization.[†]

**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.

Phytonutrient Based

B COMPLEX

**Maintains Healthy Skin, Hair
Eyes and Nerves[†]**

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 45

Amount Per Serving	% Daily Value	
Thiamin (as thiamin mononitrate)	15 mg	1000%
Riboflavin	20 mg	1176%
Niacin (as niacinamide, nicotinic acid)	25 mg	125%
Vitamin B6 (as pyridoxine HCl)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	150 mcg	2500%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Calcium (from dibasic calcium phosphate)	100 mg	10%
Choline (as choline bitartrate)	10 mg	*
Inositol	10 mg	*
PABA (as para-aminobenzoic acid)	10 mg	*
Phytonutrient Blend	1,000 mg	*
Brown rice bran, bee pollen, barley grass, lemon bioflavonoid complex, apple pectin, parsley, cabbage, safflower oil, dried apple, carrot, broccoli, prune, chlorella, spirulina (<i>Spirulina pacifica</i>), kelp, fennel seed, ginger.		

* Daily Value not established.

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), silica, magnesium stearate (vegetable source), guar gum, glycerin, sodium copper chlorophyllin.

KEEP OUT OF REACH OF CHILDREN.

240-90M

