



Carlson®

B Compleet

Vitamin B Complex
with Vitamin C

DIETARY SUPPLEMENT

Promotes Energy Production*

90 Tablets

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 45

	Amount Per 2 Tablets	% DV
Vitamin C (ascorbic acid)	500 mg	833%
Thiamin (Vitamin B-1)(from thiamin HCl)	10 mg	667%
Riboflavin (Vitamin B-2)	10 mg	588%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	10 mg	500%
Folate (folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2000%
Choline (from choline bitartrate)	100 mg	**
Inositol	100 mg	**
PABA (para-aminobenzoic acid)	30 mg	**
** Daily Value (DV) not established		

Other Ingredients: Stearic acid, croscarmellose sodium, microcrystalline cellulose, dicalcium phosphate, hydroxypropylcellulose, ethylcellulose, food glaze, magnesium stearate, silicon dioxide, methylcellulose.

B vitamins are necessary to convert food into energy.* These vitamins are water soluble and must be replenished every day.

Directions: Take two tablets daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

Tablet color may darken over time.

This formula is prepared to disintegrate over a period of up to 1 hour.

✓ **Gluten-free** ✓ **Preservative-free**
✓ **Sugar-free**

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POTENCY & QUALITY GUARANTEED

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