

**Recommended adult intake:**

One capsule taken daily with a meal or as professionally directed.

Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

Keep out of reach of children.

Code VM19-60

V1.0

BARCODE LOCATION

883196 20940

# B COMPLEX

## vitamin supplement

Pack size: 60 vegetable capsules

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

| Amount per serving                                |        | %DV   |
|---------------------------------------------------|--------|-------|
| Vitamin B <sub>1</sub> (thiamin hydrochloride)    | 60 mg  | 4000% |
| Vitamin B <sub>2</sub> (riboflavin)               | 30 mg  | 1765% |
| Niacin (niacinamide)                              | 125 mg | 625%  |
| Vitamin B <sub>6</sub> (pyridoxine hydrochloride) | 50 mg  | 2500% |
| Folic acid                                        | 400 µg | 100%  |
| Vitamin B <sub>12</sub> (hydroxocobalamin)        | 200 µg | 3333% |
| Biotin                                            | 100 µg | 33%   |
| Pantothenic acid<br>(magnesium pantothenate)      | 32 mg  | 320%  |
| Choline bitartrate                                | 80 mg  | †     |
| Inositol                                          | 50 mg  | †     |
| L-carnitine (L-carnitine L-tartrate)              | 50 mg  | †     |
| † % Daily Value (DV) not established              |        |       |

Other ingredients: Hypromellose, silica, vegetable magnesium stearate

Made in the UK for Seroyal USA, Pittsburgh, PA 15275, 1-888-737-6925