

Safety: Keep out of reach of children.
Keep in a cool, dry place. Refrigerate after opening.

If you are pregnant, nursing, or have any medical condition, consult with a healthcare professional before using.

Health Through Nature
&
Science

Made in the U.S.A.

Suggested Use: Adults take one (1) teaspoon daily as a dietary supplement. Take with food for best performance or as directed.

California Academy of Health, Inc.

Web: www.caoh.com

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With Folic Acid
&
No Flush Niacin

Liquid Complete B™ Advanced Formula



CAOH
®

100% Natural
Nutritional Supplement
8 fl oz. (237 ml)

Supplement Facts#*

Serving Size: 1 Teaspoon (5 ml)

Servings Per Bottle: 47

Ingredient Blend	Amount Per Serving	% Daily Value
Calories	12	<2
Total Fat	0 g	0
Total Carbohydrates	2.5 g	<2
Sodium	0 g	0
Protein	0 g	0
B1 (thiamine)	10 mg	667
B2 (riboflavin)	10 mg	588
B3 (niacinamide)	40 mg	200
B6 (pyridoxine hel)	20 mg	200
Folic Acid	400 mcg	100
B12 (cyanocobalamin)	60 mcg	1,000
Biotin	300 mcg	100
D - Calcium Pantothenate	20 mg	200
Phytogenic Mineral Catalyst	100 mcg	**

Calcium, Chloride, Cobalt, Chromium, Magnesium, Boron, Manganese, Molybdenum, Selenium, Iron, Copper, Phosphorus, Sulfur, Potassium, Iodine and Zinc.

OTHER INGREDIENTS: Deionized water, fructose, calcium, cobalt, boron, manganese, 72 trace minerals of plant origin.

* Percent Daily Values are based on 2000 calorie diet.

** Percent Daily Value not established.

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.