

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy.

Your health & safety are our first priority!

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **1253**
www.vitaminworld.com

1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
©2008 Vitamin World, Inc.

B1250 05C



VITAMIN WORLD
get healthy.

Complete B

B-Complex

*Promotes Energy Metabolism**
*Supports Heart Health**

250

**EASY TO SWALLOW
COATED CAPLETS**

Vegetarian Vitamin Supplement

DIRECTIONS: For adults, take two (2) to four (4) caplets daily, preferably with meals.

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 125

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (Thiamin Mononitrate)	10 mg	667%
Riboflavin (Vitamin B-2)	15 mg	882%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
PABA (Para-Aminobenzoic Acid)	50 mg	**
Choline Bitartrate	250 mg	**
Inositol	250 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Croscarmellose, Silica, Calcium Silicate, Vegetable Magnesium Stearate, Vegetable Cellulose Coating, Maltodextrin, Mannitol.

*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.