

ITEM #190
B53330 12J



B-Complex with B-12

**Supports Energy Metabolism
and Nervous System Health***

Dietary Supplement

90 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	2.5 mg	167%
Riboflavin (Vitamin B-2)	2.5 mg	147%
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Protease (as Papain Powder)	10 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. **Contains <2% of:** Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

**No Gluten, No Yeast, No Wheat,
No Milk or Milk Derivatives, No Lactose,
No Soy, No Egg, No Grapefruit, No Fish,
No Sugar, No Preservatives,
No Artificial Color, No Artificial Flavor,
No Sodium.**

Directions: For adults, take one (1) tablet one to two times daily, preferably with meals.

These tablets provide an excellent source of B-Complex vitamins to help safeguard a sufficient daily intake. The B-complex is essential for the maintenance of healthy nervous tissue.* B vitamins play a role in energy metabolism in the body.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

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