

ITEM #1250
B52782 05G



Complete B

B-Complex Vitamin

**Supports energy metabolism
in the cells***

Dietary Supplement

100 TABLETS



ACTUAL SIZE

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 50

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as 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)	50 mg	500%
Calcium	114 mg	11%
PABA (Para-Aminobenzoic Acid)	25 mg	**
Choline Bitartrate	25 mg	**
Inositol	25 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. **Contains <2% of:** Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

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

Directions: For adults, take two (2) tablets daily, preferably with a meal.

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

Complete B is an excellent source of B-Complex vitamins to help safeguard a sufficient daily intake. B-Complex is essential for maintenance of healthy nervous system tissue.* B vitamins support energy and carbohydrate metabolism.*

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.

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