

ITEM #530
B53161 10J



ACTUAL SIZE



Timed Release

B-Complex Plus C

with Folic Acid

HIGH POTENCY
Supports Energy Metabolism
& Cardiovascular Health*

Supports Nervous System Function*

Dietary Supplement

100 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid)	120 mg	200%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	4,167%
Biotin	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%

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

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.

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

B-Complex Plus C is essential for supporting a healthy nervous system and energy metabolism.* This advanced formula also delivers the antioxidant benefits of Vitamin C.* Folic Acid provides cardiovascular support.* This timed release formula maintains optimum nutritional health benefits throughout the day.*

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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