

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Nicotinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Calcium	35 mg	4%

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, 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.

Sundown
Naturals

B COMPLEX

100% Recommended Daily Value

Promotes Energy Metabolism*

VEGETARIAN FORMULA
100 TABLETS MULTI-VITAMIN SUPPLEMENT

Smart Facts

A balanced complex of B vitamins promotes healthy nerve function and energy metabolism.* In addition, the combination of Vitamins B-6 and B-12, plus Folic Acid promote heart health.* Folic Acid is also important for women of childbearing age. B vitamins are water soluble and require regular replenishment.

*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.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A DRY PLACE AND AVOID
EXCESSIVE HEAT. TAMPER RESISTANT:
DO NOT USE IF SEAL UNDER CAP IS
BROKEN OR MISSING.



Questions? Call toll free 1-888-VITAHELP (848-2435)
or visit us at www.sundownnaturals.com

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