



**GOOD 'N
NATURAL®**

B-COMPLEX with **B-12**
SUBLINGUAL LIQUID

**Great
Tasting**

**Fast
Acting**

**Alcohol
Free**

**Easy To
Take
Liquid**



**Supports Energy
Metabolism***

Dietary Supplement
59 Doses
2 fl. oz. (59 mL) (59 cc)



Supplement Facts

Serving Size 1 mL (cc)
Servings Per Container 59

Amount Per Serving		%Daily Value
Riboflavin (Vitamin B-2)	1.7 mg	100%
(as Riboflavin 5'-Phosphate Sodium)		
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6	2 mg	100%
(as Pyridoxine Hydrochloride)		
Vitamin B-12	1,200 mcg (1.2 mg)	20,000%
(as Cyanocobalamin)		
Pantothenic Acid	30 mg	300%
(as Dexpantenol)		

Other Ingredients: Purified Water, Sorbitol, Vegetable Glycerin. **Contains <2% of:** Citric Acid, Natural Flavor, Potassium Sorbate (preservative).

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 Artificial Color,
No Artificial Flavor.

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 outer seal is broken or missing.

Contains no alcohol.

Refrigeration is not required.

Directions: SHAKE WELL before use. For adults, place one (1.0) mL (cc) under the tongue and hold there for 30 seconds before swallowing, up to four times daily.

This liquid provides 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.* The B Vitamins play a role in energy metabolism in the body.*

As everyone knows, a good diet contributes to optimal health. The B-Complex is made up of vitamins that work together to perform various functions in the body.* Each vitamin works with your body to promote nervous system health and support energy metabolism.*

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

Manufactured by
Good 'N Natural Manufacturing Corp.
Ronkonkoma, NY 11779 USA
800-544-0095 www.GOODNNATURAL.com

ITEM #2871

© 2013 Good 'N Natural Manufacturing Corp.

B2871

05F