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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take two (2) capsules daily with food, or as recommended by a healthcare practitioner.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309

info@lifeextension.com • www.lef.org

To report a serious adverse event or obtain product information,
contact 1-866-280-2852.

Store tightly closed in a cool, dry place.



Q01735B

LifeExtension®

Complete B-Complex



Provides Balanced Amounts of All B Vitamins

Dietary
Supplement

60 Vegetarian
Capsules

Supplement Facts

Serving Size 2 Vegetarian Capsules • Servings Per Container 30

Amount Per Serving	% Daily Value	
Thiamine (vitamin B1) (as thiamine HCl)	100 mg	6667%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	100 mg	5882%
Niacin (as niacinamide and niacin)	100 mg	500%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	100 mg	5000%
Folate [from lemon (<i>Citrus limon</i>) extract (peel)]	800 mcg	200%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin	1000 mcg	333%
Pantothenic acid (as D-calcium pantothenate)	200 mg	2000%
Choline bitartrate	100 mg	**
Inositol	100 mg	**
PABA (para-aminobenzoic acid)	100 mg	**

**Daily Value not established

Other ingredients: vegetable cellulose (capsule), calcium silicate, microcrystalline cellulose, vegetable stearate.