

DIRECTIONS: FOR ADULTS, TAKE TWO (2) SOFTGELS DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1%**
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	15 mg	1,000%
Riboflavin (Vitamin B-2)	17 mg	1,000%
Niacin (as Niacinamide)	200 mg	1,000%
Vitamin B-6 (as Pyridoxine Hydrochloride)	20 mg	1,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	60 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
B Complex Base Blend	600 mcg	***
Choline Bitartrate, Inositol, Para-Aminobenzoic Acid (PABA)		

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Soy Lecithin, Silica, Natural Caramel Color.

Sundown
Naturals

HIGH POTENCY

B MAXI COMPLEX

Promotes Energy
Metabolism*

EASY
TO
SWALLOW

60 SOFTGELS VITAMIN SUPPLEMENT

Smart Facts

Sundown Naturals' high-potency complex of B vitamins promotes energy metabolism and healthy nerve function.* It also helps promote healthy heart, circulatory and mental function.* 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.

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, 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.

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

Manufactured by REXALL SUNDOWN, INC.
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