

**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	
Vitamin C (as Ascorbic Acid and Rose Hips)	300 mg	500%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	18 mg	1,200%
Riboflavin (Vitamin B-2)	10 mg	588%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	10 mcg	167%
Biotin	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%

**Other Ingredients:** Hypromellose, Dicalcium Phosphate, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

**Sundown**  
*Naturals*<sup>®</sup>

HIGH POTENCY

# B & C COMPLEX

Promotes Energy  
Metabolism & Immune  
System Health\*

**TIMED**  
  
**RELEASE**

VEGETARIAN FORMULA  
**100 TABLETS VITAMIN SUPPLEMENT**

**Smart  
Facts**

The B-Complex is essential for the maintenance of healthy nervous tissue and energy metabolism.\* This formula also contains Vitamin C for immune system health and antioxidant protection.\* Specially formulated to provide a gradual release of Vitamins over a prolonged period of time.

\*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 Color or Flavor, No Preservatives, No Sugar, No Starch, 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.

**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](http://www.sundownnaturals.com)

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