

Scan for  
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  
LifeExtension.com

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

Store tightly closed in a cool, dry place.



QE01835B

# LifeExtension®

## Complete B-Complex



High Potency with  
Enzymatically Active Nutrients

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)	75 mg	4412%
Niacin (as niacinamide and niacin)	100 mg	500%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	100 mg	5000%
Folate [from lemon extract (peel)]	400 mcg	100%
Vitamin B12 (as methylcobalamin)	300 mcg	5000%
Biotin	1000 mcg	333%
Pantothenic acid (as D-calcium pantothenate)	500 mg	5000%
Calcium (as D-calcium pantothenate, calcium sulfate, dicalcium phosphate)	60 mg	6%
Inositol	100 mg	**
PABA (para-aminobenzoic acid)	50 mg	**

\*\*Daily Value not established.

Other ingredients: vegetable cellulose (capsule), rice bran, stearic acid, silica.  
Non-GMO