FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy."

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. 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 bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

"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.

Carefully Manufactured by: Solgar, Inc., 500 Willow Tree Road Leonia N.I. 07605 ILS A

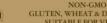
For more information, call tall-free 1-877-SOLGAR 4, www.solgar.com ©2016 Solgar, Inc.

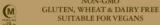
SOLGB78019 02D



B-COMPLEX

ENERGY METABOLISM* CARDIOVASCULAR SUPPORT* **NERVOUS SYSTEM SUPPORT***







DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule **Amount Per Serving** %DV

Thiamin (vitamin B1) 50 mg 3333% (as thiamin mononitrate)

Riboflavin (vitamin B2) 50 mg 2941% Niacin (vitamin B3) 250% 50 ma (as niacinamide)

Vitamin R6 50 mg 2500% (as pyridoxine HCI)

Folic Acid 100% 400 mcg Vitamin B12 50 mcg 833% (as cyanocobalamin)

Amount Per Serving		%DV
Biotin (as D-biotin)	50 mcg	17%
Pantothenic Acid (vitamin B5)	50 mg	500%

nositol	50 mg	••
holine (as choline bitartrate)	21 mg	••
landa di Dania di Dilanda	2 /	

(as D-Ca pantothenate)

Herbal Powdered Blend: 3.5 ma (kelp [plant], acerola extract complex [fruit], alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose.

SUGGESTED USE: Adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

