

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

**B-Complex** delivers a higher potency formula for those wanting greater nutritional support. Comprehensive and well balanced, our B-Complex formula is designed to support the diverse roles of B vitamins, including promoting skin, hair, eye, nerve, adrenal, and cardiovascular health.<sup>†</sup>

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

<sup>†</sup> 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.

# **B** COMPLEX 100 mg

Supports Cardiovascular System  
and Mental Health<sup>†</sup>

Dietary Supplement

30 VEGETARIAN TABLETS



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

| Amount Per Serving                               | % Daily Value |       |
|--------------------------------------------------|---------------|-------|
| Thiamin (as thiamin mononitrate) .....           | 100 mg        | 8888% |
| Riboflavin .....                                 | 100 mg        | 8882% |
| Niacin (as niacinamide) .....                    | 100 mg        | 500%  |
| Vitamin B6 (as pyridoxine HCl) .....             | 100 mg        | 5000% |
| Folic Acid .....                                 | 400 mcg       | 100%  |
| Vitamin B12 (as cobalamin) .....                 | 100 mcg       | 1666% |
| Biotin .....                                     | 100 mcg       | 33%   |
| Pantothenic Acid (as calcium pantothenate) ..... | 100 mg        | 1000% |
| Choline (as choline bitartrate) .....            | 45 mg         | *     |
| Inositol .....                                   | 100 mg        | *     |
| PABA (as para-aminobenzoic acid) .....           | 30 mg         | *     |

\* Daily Value not established.

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), calcium carbonate, silica, calcium stearate (vegetable source), and glycerin.

**SUGGESTED USE:** Take one tablet daily with food.

**KEEP OUT OF REACH OF CHILDREN.**

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