

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

B Vitamins are needed to maintain healthy nerves and skin, as well as for energy production and metabolism. Because the closely related B Vitamins provide maximum benefit when taken together, our **B-Complex** capsules are formulated to provide these essential daily vitamins in a convenient single dose.†

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

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

† 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.



COMPLEX 50 mg

Promotes Healthy Skin, Hair,
Eyes, and Nerves†

Dietary Supplement
60 CAPSULES



Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Serving	% Daily Value	
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
Choline (as choline bitartrate)	50 mg	*
Inositol	50 mg	*
PABA (as para-aminobenzoic acid)	50 mg	*

* Daily Value not established.

Other Ingredients: Capsule (gelatin), silicon dioxide, magnesium stearate (vegetable source), cellulose.

SUGGESTED USE: Take one capsule daily with food.

KEEP OUT OF REACH OF CHILDREN.

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