

TEAR HERE

1/2 OZ A DAY
LIQUID
DOSAGE
CUP

USE CUP TO TRACK
M T W Th F S Su

FAST
ABSORBING
1/2 OZ A DAY
LIQUID



32 SERVINGS • SUGAR FREE

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Supplement Facts

Serving Size: 1 Tablespoon (1/2 oz/15 mL)
Servings per container: 32

Amount per Serving	% Daily Value*
Calories	10
Total Carbohydrates	2 g 1%
Dietary Fiber	0 g 0%
Sugars	0 g **
Vitamin D ₃ (Cholecalciferol)	100 IU 25%
Thiamine (as Thiamine HCl)	7.5 mg 500%
Riboflavin	8.5 mg 500%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B ₆ (as Pyridoxine HCl)	5 mg 250%
Folic Acid	400 mcg 100%
Vitamin B ₁₂ (as Cyanocobalamin)	1000 mcg 16667%
Biotin	300 mcg 100%
Pantothenic Acid (as Dexpantenol)	10 mg 100%
Inositol	50 mg **
Choline (as Choline Bitartrate)	60 mg **
Wild Blueberry extract	25 mg **

*Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Directions: SHAKE WELL.

Adults and children over the age of 12, take 1 measuring tablespoon (1/2 oz) daily. Do not exceed recommended daily serving.

May be taken directly or mixed in water or juice. Wash dosage cup after each use. Product may be stored at room temperature, or refrigerated after opening for added freshness.

Wellesse B-Complex Complete is made with ingredients that can darken over time. Product quality, potency and purity is not affected.

Tamper Evident: Do not use if the seal on the cap is broken or missing, or if the inner seal is not intact.

Caution: Pregnant or lactating women and people with known medical conditions and/or taking medications should consult with a healthcare practitioner before taking dietary supplements.

Warning: Keep out of the reach of children.

Track your health daily! After washing, place the dosage cup over the cap. Each day, match the letter of the week on the Cup to the **DIAL a DAY** Line shown on the label above.

Manufactured By: Botanical Laboratories, LLC
Ferndale, WA 98248 • 800-232-4005 • www.wellesse.com
ST1917 4/10/F



The WELLESSE® Promise

Wellesse nourishes active bodies with its fast-absorbing, great tasting liquid supplements. For over 20 years, we've been committed to producing a premium line of liquid nutritional supplements that make it easier for you to stay active at every stage of life.

Wellesse B-Complex Complete is a great tasting supplement with a complete set of all eight essential B vitamins plus key nutrients that work together and are absorbed quickly in the body to convert food into energy metabolism, support mental focus and reduce the effects of stress. B vitamins are not stored in the body and must be replenished regularly to maintain optimal health.[†]

Vitamin B12 is involved with energy metabolism, nervous system function, and heart health. B12 becomes increasingly important with age with risk of decreased absorption.[†]

A Good source of Choline. Choline is an essential nutrient and building block for cells to function normally for liver, brain (memory and cognition) and nerve function and works with folate to assist in the breakdown of homocysteine (amino acid) for heart health.[†]

Wellesse B-Complex Complete is the natural choice for people with hectic lifestyles that need sustained energy and focus while addressing stress.[†]

Research has shown that nutrients from liquid sources can be more easily absorbed than from pills or tablets.

B-Complex COMPLETE

With High Potency B12[†]
FAST ABSORBING

- ▶ Promotes Energy Metabolism[†]
- ▶ Supports Mental Focus[†]
- ▶ Reduces Effects of Stress[†]

Natural Blueberry Pomegranate Flavor
8 other natural flavors

Daily Revitalizing Formula[†]

Certified



Gluten-Free

16 FL OZ (480 mL)
LIQUID DIETARY SUPPLEMENT

[†]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.