

At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis at world-class facilities guarantees that all Vitamin World® products are at the highest standard of potency and purity.



NUTRITION FROM THE SOURCE™

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. 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 seal under cap is broken or missing.

*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.

TO REORDER PROD. #1253
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured for Vitamin World, Inc.
Holbrook, NY 11741 U.S.A.
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B52782 08D



Complete B-Complex

B VITAMINS

Supports Energy Metabolism*
Supports Heart Health*

250 EASY TO SWALLOW
COATED CAPLETS

VEGETARIAN
VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take two (2) caplets one to two times daily, preferably with meals.

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 125

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	10 mg	667%
Riboflavin (Vitamin B-2)	15 mg	882%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium	114 mg	11%
Proprietary Blend PABA (Para-Aminobenzoic Acid), Choline Bitartrate and Inositol	75 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. Contains <2% of: Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

The B-Complex is made up of several vitamins that work well together to support nervous system health.* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well-being.*