

SUGGESTED USE: Take two capsules daily with food.

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, skin, energy production and metabolism. Our **B-Complex** contains all the B vitamins because they provide maximum benefit when taken together.[†]

Our product is formulated in a phytonutrient base of brown rice bran, greens, bee pollen, bioflavonoids, cruciferous and sea vegetables, carrot, parsley, fruits and fruit pectin, safflower, ginger and fennel. This base supports assimilation and provides naturally occurring EFA's, amino acids, fiber, bioflavonoids, plant pigments, and enzymes. Separating dosages will further optimize nutrient absorption and utilization.[†]

**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.

Phytonutrient Based

B-COMPLEX

Maintains Healthy Skin, Hair, Eyes and Nerves[†]



Dietary Supplement



60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Thiamin (as thiamin mononitrate).....	15 mg 1000%
Riboflavin	20 mg 1176%
Niacin (as niacinamide, nicotinic acid).....	25 mg 125%
Vitamin B6 (as pyridoxine HCl)	20 mg 1000%
Folic Acid	400 mcg 100%
Vitamin B12 (as cobalamin)	150 mcg 2500%
Biotin	300 mcg 100%
Pantothenic Acid (as calcium pantothenate) ...	50 mg 500%

Choline (as choline bitartrate)	10 mg *
Inositol	10 mg *
PABA (as para-aminobenzoic acid).....	10 mg *
Phytonutrient Blend	1,000 mg
Rice bran, bee pollen, barley grass, lemon bioflavonoid complex, apple pectin, parsley, cabbage, safflower oil, dried apple, carrot, broccoli, prune, spirulina (Spirulina pacifica), chlorella, kelp, ginger, fennel seed.	

* Daily Value not established

OTHER INGREDIENTS: CAPSULE (VEGETARIAN), DICALCIUM PHOSPHATE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA, CELLULOSE, SODIUM COPPER CHLOROPHYLLIN.
KEEP OUT OF REACH OF CHILDREN. VVL 270-60B

