

Directions: Take 1 tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

MADE IN THE U.S.A.

† 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.



NO SUGAR, STARCH, WHEAT, MILK, SOY,
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

FOODS PLUS.

Since 1962

B-Complex

balanced formula

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

100% daily value

energy & nervous system support†

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Vitamin B ₁ (as thiamin HCl)	1.5 mg	100%
Vitamin B ₂ (as riboflavin)	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B ₆ (as pyridoxine HCl)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	6 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%

Other Ingredients: Dicalcium phosphate, brewer's yeast, microcrystalline cellulose, stearic acid, croscarmellose sodium and magnesium stearate.

Caution: Transient flushing and feeling of warmth may be associated with the ingestion of niacin-containing products.

Distributed by: Foods Plus®
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