

VALUE SIZE



Naturalist®

High Potency

B COMPLEX



Supports Energy Metabolism,
Heart and Nervous System Health*

Dietary Supplement

150 TABLETS

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Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%

Other Ingredients: Calcium Carbonate, Cellulose (Plant Origin), Croscarmellose, Dicalcium Phosphate. **Contains <2% of:** Cellulose Coating, Natural Palm Leaf Glaze, Vegetable Magnesium Stearate.

IMPORTANT FACTS YOU SHOULD KNOW

The B Complex is made up of several vitamins that work well together to support nervous system health and energy metabolism.* Folic Acid is part of a triad of vitamins along with Vitamin B-6 and Vitamin B-12 that support heart health.* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well being.*

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DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL.

Prod. No.
68157

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

Vegetarian Formula

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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: 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.

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