

**Directions:** Adults - take one tablet daily with water, as a dietary supplement or as directed by a doctor.

As with any supplement, if you are pregnant, nursing, or taking medication, consult your physician before use.

**Other Information:**

- Store at room temperature in a dry place
- Do not use if imprinted safety seal under cap is broken or missing
- Keep out of reach of children

**Questions?**

If you have any questions or comments, or to report an adverse event, please contact (800) 795-9775.

Distributed By: Plus Pharma, Commack, NY 11725

† 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.

LOT#

EXP. DATE:

Plus **PHARMA™**

# VITAMIN B-Complex



- Plays a role in protein and energy metabolism†
- Contributes to nervous system health†

Dietary Supplement

100 TABLETS

## SUPPLEMENT FACTS

Serving Size One tablet

Amount Per Serving	% Daily Value	
Thiamine (as Thiamine Mononitrate)	3 mg	200%
Riboflavin	2 mg	118%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (from Pyridoxine HCl)	1 mg	50%
Vitamin B12 (as Cyanocobalamin)	5 mcg	83%
Calcium (from Calcium Carbonate and Dicalcium Phosphate Dihydrate)	83 mg	8%

**Other Ingredients:**

Microcrystalline Cellulose, Croscarmellose Sodium, Maltodextrin, Hypromellose, Stearic Acid, Magnesium Stearate, Silicon Dioxide, D-Calcium Pantothenate, Propylene Glycol, Triacetin.



Rev. 4/10