

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate. Contains soy ingredients.

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are 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.

Coated for ease of swallowing



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

TO REORDER ITEM # 3802
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

Mega
B[®]-150
B-Complex Vitamin



100
Coated
Caplets

VEGETARIAN DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		% Daily Value
Thiamin (Vitamin B-1) (as Thamin Mononitrate)	150 mg	12,500%
Riboflavin (Vitamin B-2)	150 mg	11,538%
Niacin (as Niacinamide)	150 mg	938%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,882%
Folate	666 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	150 mcg	6,250%
Biotin (as d-Biotin)	150 mcg	500%
Pantothenic Acid (as d-Calcium Pantothenate)	150 mg	3,000%
Choline (as Choline Bitartrate)	61 mg	11%
PABA (Para-Aminobenzoic Acid)	150 mg	*
Inositol	150 mg	*
Proprietary Blend	7.5 mg	*
(Alfalfa (<i>Medicago sativa</i>) (aerial), Watercress (<i>Nasturtium officinale</i>) (aerial), Parsley (<i>Petroselinum crispum</i>) (leaf) Soy Lecithin, Rice Bran)		

*Daily Value not established.