

PL426

Keep in a cool dry place, tightly closed.
Water-soluble Vitamins Tablets USP.



ACTUAL SIZE



Longs
WELLNESS

Vitamin **B** Complex

Dietary Supplement



100 TABLETS

Product Benefit

USP has tested and verified ingredients, potency, and manufacturing process.
USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV
Thiamin (Vit. B1) 10 mg	667%
Riboflavin (Vit. B2) 10 mg	588%
Niacin 10 mg	50%
Vitamin B6 10 mg	500%
Folic Acid 100 mcg	25%
Vitamin B12 (as Cyanocobalamin) 10 mcg	167%
Biotin (as d-Biotin) 10 mcg	3%
Pantothenic Acid 10 mg	100%

Soy Lecithin, Blue
2 Lake, Folic Acid,
Sodium Carboxy-
methylcellulose,
Sodium Citrate,
Biotin, Cyanoco-
balamin.

Suggested use:
Take one tablet
daily with a full
glass of water,
preferably after a
meal.

Keep out of the
reach of children.

INGREDIENTS: Calcium Carbonate, Maltodextrin, Cellu-
lose, Pyridoxine Hydrochloride, d-Calcium Pantothenate,
Thiamine Mononitrate, Riboflavin, Niacinamide, Croscar-
mellose Sodium, Para-Aminobenzoic Acid, Dextrin, Corn
Starch, Magnesium Stearate, Sodium Starch Glycolate,
Hypromellose, Polyethylene Glycol, Dicalcium Phosphate,
Silicon Dioxide, Red 40 Lake, Dextrose, Titanium Dioxide.

Distributed by Longs Drugs
Walnut Creek, CA 94596.



LNG5205R06

FRESHNESS AND POTENCY GUARANTEED THROUGH:

B Vitamins work together to help convert food into
energy and to support a healthy nervous system.