

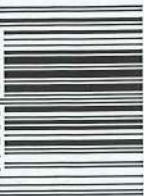
PL566

Water-soluble Vitamins  
Tablets USP.



ACTUAL SIZE

0 12333 02566 7



*Longs*  
WELLNESS

# Vitamin B Complex with C

Dietary Supplement



100 CAPLETS

Product Benefit

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See [www.uspverified.org](http://www.uspverified.org)

## Supplement Facts

Serving Size 1 Caplet

| Each Caplet Contains            | %DV   |
|---------------------------------|-------|
| Vitamin C 300 mg                | 500%  |
| Thiamin (Vitamin B1) 15 mg      | 1000% |
| Riboflavin (Vitamin B2) 10.2 mg | 600%  |
| Niacin 50 mg                    | 250%  |
| Vitamin B6 5 mg                 | 250%  |
| Folic Acid 400 mcg              | 100%  |
| Vitamin B12 6 mcg               | 100%  |
| Pantothenic Acid 10 mg          | 100%  |

**INGREDIENTS:** Ascorbic Acid, Dextrose, Cellulose, Niacinamide, Thiamine Mononitrate, d-Calcium Pantothenate, Croscarmellose Sodium, Riboflavin, Hypromellose, Corn Starch, Pyridoxine Hydrochloride, Starch Oligosaccharides, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Povidone, Polyethylene Glycol, Dicalcium Phosphate, Folic Acid, Cyanocobalamin.



Distributed by Longs Drugs, Walnut Creek, CA 94596. For further information contact 1-800-TO-LONGS or [Longs.com](http://Longs.com)

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

Keep out of the reach of children.  
Keep in a cool dry place, tightly closed.

No artificial colors have been added to this formula, the product may vary in color.

LNG5200EA06

FRESHNESS AND POTENCY GUARANTEED THROUGH:

B Vitamins work together to help convert food into energy and to support a healthy nervous system. Vitamin C is a powerful antioxidant that enhances the immune system.