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Manufactured in the USA by:

Douglas Laboratories

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This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 4 tablets daily with meals or as directed by your healthcare professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

KEEP OUT OF REACH OF CHILDREN

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #7003

B-Complex + Minerals

A Dietary Supplement



90 Tablets

Supplement Facts

Serving Size 4 tablets • Servings Per Container approx. 22

Amount Per Serving	%DV	Amount Per Serving	%DV
Thiamine.....	10 mg 667%	Manganese	4 mg 200%
Riboflavin.....	10 mg 588%	(from Manganese Sulfate)	
Niacinamide.....	40 mg 200%	Potassium	8 mg <1%
Vitamin B-6	4 mg 200%	(from Potassium Chloride)	
(as Pyridoxine HCl)		Choline.....	9 mg *
Vitamin B-12.....	8 mcg 133%	(from 20 mg Choline Bitartrate)	
Pantothenic Acid	10 mg 100%	Inositol	20 mg *
(as Calcium Pantothenate)		PABA	2 mg *
Calcium (from Veal Bone).....	356 mg 36%	(Para-Aminobenzoic Acid)	
Iron	20 mg 111%	Hitrate Concentrate	
Phosphorus	230 mg 23%	Proprietary Blend	73 mg *
(from Veal Bone)		Vitamin A, Vitamin C (Ascorbic Acid),	
Iodine (from Kelp)	100 mcg 67%	Vitamin D-3, Vitamin E (as Vitamin E	
Magnesium	2 mg <1%	Succinate), Biotin, Citrus Bioflavonoids.	
(from Magnesium Oxide)			
Zinc (from Zinc Chelate).....	2 mg 13%		
Copper (from Copper Chelate) ..	2 mg 100%		

*Daily Value not established.

Other ingredients: Cellulose, vegetable stearate and silica.