



vitamin
100 softgels
dietary supplement

B-complex
100

energy production[✓]
nervous system
function[✓]
nutrient
metabolism[✓]

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1)(as thiamine mononitrate)	100 mg	8330%
Riboflavin (Vitamin B2)	100 mg	7690%
Niacin (as niacinamide)	100 mg	630%
Vitamin B6 (as pyridoxine HCl)	100 mg	5880%
Folate (400mcg folic acid)	667 mcg DFE	170%
Vitamin B12 (as cyanocobalamin)	100 mcg	4170%
Biotin	100 mcg	330%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	5 mg	0%
Inositol	5 mg	*
PABA (para-aminobenzoic acid)	5 mg	*

* Daily Value not established.

Other ingredients: Soybean oil, gelatin, glycerin, purified water, soy lecithin, yellow beeswax, hydrogenated starch hydrolysate, dicalcium phosphate dihydrate, turmeric extract, titanium dioxide, annatto extract, silicon dioxide.

Contains: Soy.

Does not contain: Wheat, Gluten, Sugar, Salt, Dairy, Citrus, Fish, Preservatives or Artificial Flavors.

DIRECTIONS: As a dietary supplement, take one (1) softgel daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

✓ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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