

plnt®
Pure living, naturally true®

WHOLE FOOD B-Complex

Healthy Heart & Blood®
Immune Support®
Energy & Metabolism®
Stress Response®

60 Tablets | Dietary Supplement



Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

	Amount	Per Serving	% Daily Value
Thiamin (as thiamine HCl from culture media)	3 mg		250%
Riboflavin (from culture media)	3 mg		231%
Niacin (as nicotinic acid from culture media)	32 mg NE		200%
Vitamin B6 (as pyridoxine HCl from culture media)	4 mg		235%
Folate (as folic acid from culture media)	1333 mcg DFE (800 mcg folic acid)		333%
Vitamin B12 (as cyanocobalamin from culture media)	12 mcg		500%
Biotin (as d-biotin from culture media)	300 mcg		1000%
Pantothenic Acid (as d-calcium pantothenate from culture media)	10 mg		200%
Stress Support Blend:	140 mg		*
Organic Chamomile (<i>Matricaria recutita</i>)(flower), Organic Lavender (<i>Lavandula angustifolia</i>)(flower), Organic Eleuthero (<i>Eleutherococcus senticosus</i>)(root), Organic Chinese White Ginseng (<i>Panax ginseng</i>)(root), Organic Hawthorn (<i>Crataegus laevigata</i>)(berry)			
Immune Support Blend:	82 mg		*
Astragalus (<i>Astragalus membranaceus</i>)(root), Elderberry Extract (<i>Sambucus nigra</i>)(fruit), Organic Shiitake Mushroom (<i>Lentinus edodes</i>)(Mushroom Mycelia), Organic Cordyceps Mushroom (<i>Cordyceps militaris</i>)(Mushroom Mycelia), Organic Reishi Mushroom (<i>Ganoderma lucidum</i>)(Mushroom Mycelia), Organic Maitake Mushroom (<i>Grifola frondosa</i>)(Mushroom Mycelia)			

	Amount	Per Serving	% Daily Value
Organic Spinach (leaf)	155 mg		*
Sunflower Lecithin	132 mg		*
Organic Blueberry (<i>Vaccinium angustifolium</i>)(fruit)	95 mg		*
Organic Turmeric (<i>Curcuma longa</i>)(root)	8 mg		*
Organic Ginger (<i>Zingiber officinalis</i>)(rhizome)	4 mg		*
* Daily Value not established.			

Other ingredients: Cultured yeast (*Saccharomyces cerevisiae*, molasses), organic gum acacia, silicon dioxide, organic carnauba wax, organic vegetable coating (contains organic tapioca maltodextrin, organic sunflower lecithin, organic palm olein, organic guar gum).

Does not contain: Wheat, Gluten, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Artificial Flavors.

DIRECTIONS: Take two (2) tablets daily, with or without food.

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

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN. TAMPER EVIDENT: Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc., Secaucus, NJ 07094
Visit www.vitaminshoppe.com or call 1-800-223-1216 for more information and to reorder.



Item No. VS-3339 2096246

○ 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.