List No. 1427 L32AA Cat. 831 5A004



B VITAMINS HELP CONVERT FOOD INTO ENERGY - This formula also includes Zinc which has an essential role in growth and development and in strengthening the body's natural defense system.+

Supplement Facts Serving Size 1 tablet Amount Per Tablet % Daily Value	
Vitamin E 30 I.U.	100%
Thiamin 10 mg	667%
Riboflavin 10 mg	588%
Niacin 100 mg	500%
Vitamin B6 5 mg	250%
Folic Acid 400 mcg	100%
Vitamin B12 12 mcg	200%
Biotin 45 mcg	15%
Pantothenic Acid 20 mg	200%
Zinc 23.9 mg	159%
Copper 3 mg	150%

No Artificial Colors • No Artificial Flavors • No Preservatives No Chemical Solvents. Yeast or Gluten

SUGGESTED USE: Take one tablet daily with a meal. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children. Do not use if imprinted seal under cap is broken or missing. Ingredients: Niacinamide Ascorbate, Ascorbic Acid, Calcium Carbonate, Cellulose Gel, Zinc Sulfate, dl-Alpha Tocopheryl Acetate, d-Calcium Pantothenate, Modified Food Starch, Corn. Starch, Thiamin Mononitrate, Magnesium Stearate, Riboflavin, Dibasic Calcium Phosphate, Hydroxypropyl Methylcellulose, Pyridoxine Hydrochloride, Stearic Acid, Copper Oxide, Polyethylene Glycol, Folic Acid, Biotin, Cyanocobalamin. Contains: Sov Distributed by: Nature Made Nutritional Products

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†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.