Complete B-Complex ™

available in 90 & 180 tabs



Our original B-complex is one of the top-ten-selling B complexes on the health food store shelves, and includes a balanced blend of high-potency B-vitamins. Extra support for the nervous system is provided with a broad spectrum of minerals, amino acids and essential fatty acids. We also include 465 mg of energizing superfoods like bee pollen and wheat germ, and a blend of herbs for overall vitality.

B VITAMINS

PRODUCT LIST

Supplement Facts
Serving Size 3 Tablets

	Three Tablets Provide	% DV
Vitamin C (Magnesium Ascorbate)	500 mg	833%
Thiamin (Vitamin B-1)	60 mg	4000%
Riboflavin (Vitamin B-2)	70 mg	4118%
Niacin and Niacinamide (Vitamin B-3)	100 mg	500%
Pyridoxine (Vitamin B-6)	80 mg	4000%
Folic Acid	800 mcg	200%
Cyanocobalamin (Vitamin B-12)	250 mcg	4167%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5)	120 mg	1200%
Calcium (Citrate)	50 mg	5%
Magnesium (Ascorbate)	60 mg	15%
Zinc (Amino Acid Chelate)	5 mg	33%
Manganese (Amino Acid Chelate)	3 mg	150%
Potassium (Citrate)	25 mg	<1%
Other Dietary Ingredients		
Lemon Bioflavonoids	75 mg	*
Choline (Bitartrate)	150 mg	*
Inositol	50 mg	*
PABA (para-Aminobenzoic Acid)	30 mg	*
L-Theanine	50 mg	*
Superfood Ingredients		
Bee Pollen	225 mg	*
Spirulina	100 mg	*
Barley Grass	15 mg	*
Amino Acids		
L-Glutamine	150 mg	*
L-Cysteine	50 mg	*
L-Methionine	50 mg	*
Custom Herbal Blend 4:1 Extracts	162 mg	*
(equivalent to 648 mg of herbal powder) Gotu Kola [herb], American Ginseng [root], California Poppy [herb], Gentian [root], Ashwagandha [root], Orange [fruit] Essential Oil		

* Daily Value (DV) not established.

Other Ingredients (all natural mineral and plant-based): cellulose, stearic acid (vegetable),

modified cellulose, silica, cellulose, magnesium stearate.
Coating: vegetable food glaze.

Suggested Usage: Take 1-3 tablets daily, with or between meals.

Guarantee: Contains no sugar, lactose, soy, wheat, gluten or allergenic yeasts.

*** 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.**

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