

## **SUPER VITAMIN B COMPLEX**

Serving Size: 1 Tablet

Servings Per Container: 150

Amount Per Serving:		Daily Value
Thiamin (as thiamin hydrochloride)	50mg	3333%
Riboflavin	50mg	2941%
Niacin (as niacinamide)	50mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	50mg	2500%
Folic Acid	200mcg	50%
Vitamin B-12	50mcg	833%
Biotin	150mcg	50%
Pantothenic Acid (from calcium pantothenate)	50mg	500%
Choline Bitartrate	50mg	*
Inositol	50mg	*
Para Amino Benzoic Acid	50mg	*

\*Daily value not established.

Other Ingredients: Alfalfa, parsley, soy lecithin, watercress, stearic acid, magnesium stearate, cellulose, and silicon dioxide.

### **Contains soy**

Directions: As a dietary supplement, take one tablet daily, preferably with meals or as recommended by a health care professional.