

# TIME RELEASE SUPER B COMPLEX

**Use:** as a dietary supplement.

**Directions:** Adults: take 1 caplet daily, preferably with a meal.

## SUPPLEMENT FACTS

Serving Size 1 Caplet

Amount Per Caplet		% Daily Value
Vitamin C (as ascorbic acid and rose hips)	300 mg	500%
Thiamine (vitamin B-1) (as thiamine mononitrate)	18 mg	1,200%
Riboflavin (vitamin B-2)	10 mg	588%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	10 mcg	167%
Biotin	50 mcg	17%
Pantothenic acid (as d-calcium pantothenate)	10 mg	100%

**Other ingredients:** hypromellose, dicalcium phosphate, vegetable cellulose, silica, vegetable magnesium stearate.

**Warnings:** Ask a doctor before use if you are taking any drugs.

Stop use and ask a doctor if any adverse reactions occur.

**If pregnant or breast-feeding,** ask a health professional before use.

**Keep out of reach of children.**

**Store** in a cool, dry place.

**Safety sealed:** do not use if the imprinted seal under the cap is broken or missing.

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