

B Complex with C

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 & niacinamide ascorbate)	300 mg	500%
Thiamine (vitamin B-1) (as thiamine mononitrate)	15 mg	1,000%
Riboflavin (Vitamin B-2)	10.2 mg	600%
Niacin (as niacinamide ascorbate)	50 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	5 mg	250%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate)	52 mg	5%
Phosphorus (as dicalcium phosphate)	40 mg	4%

Other ingredients: cellulose (plant origin), cellulose coating, croscarmellose, vegetable stearic acid, vegetable magnesium stearate, titanium dioxide color.

Warnings: Ask a doctor before use if you are pregnant, breast-feeding, or taking any medications. Stop use and ask a doctor if any adverse reactions occur.

Keep out of reach of children.

Store in a dry place and avoid excessive heat.

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

Item # 25850 (100)



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