

Fights daily physical stresses

B-COMPLEX

The B vitamins are vital for proper bodily function, as they help maintain the body's ability to metabolize nutrients. There are eight essential B vitamins, and they work best when they work together. The typical North American diet doesn't provide enough whole grains, leafy green vegetables, or fish needed to provide adequate B vitamin intake.

B-Complex offers your body a perfect balance of all eight B vitamins in ratios consistently related to the amounts your body needs daily, filling in nutritional B vitamin gaps.

#57240 | 120 TABLETS

DESIGNED FOR EASIER ABSORPTION

Why We Love It

- Clinical research has shown that folic acid and vitamins B₆ and B₁₂ promote a healthy cardiovascular system by helping maintain low homocysteine levels in the blood
- A unique, patented folic acid coating makes this critical B vitamin more accessible and bioavailable
- Folate (folic acid) reduces the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy

PERFECT BALANCE OF ALL 8 B VITAMINS
TO FORTIFY YOUR BODY



Vegan



Vegetarian



Gluten Free



Kosher

B-Complex

Dosage: ADULTS: 2 tablets daily, or as recommended by a health care practitioner.

	Amount Per Tablet
Vitamin B ₁ (thiamine mononitrate)	10.125 mg
Vitamin B ₂ (riboflavin)	11.475 mg
Niacinamide	135 mg
Vitamin B ₆ (pyridoxine hydrochloride)	3.5 mg
Vitamin B ₁₂ (cyanocobalamin)	50 mcg
Biotin	150 mcg
Folate (folic acid)	200 mcg
Pantothenic acid (calcium d-pantothenate)	67.5 mg

NON-MEDICINAL INGREDIENTS: CALCIUM PHOSPHATE DIBASIC, CROSCARMELLOSE SODIUM, HYDROXYLATED SOY LECITHIN, HYPROMELLOSE, MAGNESIUM STEARATE, MICROCRYSTALLINE CELLULOSE, SILICON DIOXIDE, TORULA YEAST.

