



B-Complex Fights daily physical stresses

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 intakes.

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.

B-Complex benefits:

- 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

IS B-COMPLEX RIGHT FOR YOU?

- ✓ If you may not be receiving the B vitamins you need through diet alone.

ORDER NOW

#57240 | 120 tablets
Member Price: \$23.40 | Point Value: 14.08

THE SHAKLEE DIFFERENCE™



The power of nature,
unleashed by science.
Safe. Proven. Guaranteed.

At Shaklee, we're committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards, conducting more than 100,000 quality tests per year to ensure our products are safe for you and your family.

B-Complex

The patented delivery system for folic acid enhances the immediate release of this nutrient in the stomach, making it readily available for absorption.



No artificial flavours, colours,
sweeteners, or preservatives added

B-Complex



Daily dosage: 2 tablets

MEDICINAL INGREDIENTS:	Amount per day
Vitamin B ₁ (thiamine mononitrate)	20.25 mg
Vitamin B ₂ (riboflavin)	22.95 mg
Niacinamide	270 mg
Vitamin B ₆ (pyridoxine hydrochloride)	27 mg
Vitamin B ₁₂ (cyanocobalamin)	100 mcg
Biotin	300 mcg
Folate (folic acid)	400 mcg
Pantothenic acid (calcium d-pantothenate)	135 mg

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