All eight B vitamins to work better together

Proprietary blend of ALL 8 essential B vitamins for energy, cardiovascular health, and cell renewal. Includes biotin for healthy hair, skin, and nails* and a patented folic acid coating to help reduce the risk of birth defects.* Helps metabolize energy from carbohydrates, fat, and protein.*

• GLUTEN FREE

Powerful support for vital bodily functions and daily energy*

Patented bio-activated absorption system

DIRECTIONS: Take 2 tablets daily.

B-Complex

DIETARY SUPPLEMENT  120 TABLETS

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Amount Per Serving % DV

Calories 5 <1**

Total Carbohydrate 1 g

Thiamin (as thiamine mononitrate) 20.25 mg 1,688%

Riboflavin 22.95 mg 1,765%

Niacin (as niacinamide) 270 mg 1,688%

Folate 668 mcg DFE (400 mcg folic acid) 167%

Vitamin B6 (as pyridoxine hydrochloride) 27 mg 1,588%

Biotin (as d-biotin) 300 mcg 1,000%

Pantothenic Acid (as d-calcium pantothenate) 135 mg 2,700%

Other ingredients: Microcrystalline cellulose, torula yeast, hydroxypropyl methylcellulose, croscarmellose sodium, hydroxyethyl soy lecithin. Distributed by Shaklee Corporation, 4747 Willow Road, Pleasanton, CA 94588 • Product questions: 925.734.3638

No artificial flavors, sweeteners, colors, or preservatives added.
All eight B vitamins to work better together

Proprietary blend of ALL 8 essential B vitamins for energy, cardiovascular health, and cell renewal. Includes biotin for healthy hair, skin, and nails* and a patented folic acid coating to help reduce the risk of birth defects.* Helps metabolize energy from carbohydrates, fat, and protein.*

• GLUTEN FREE

U.S. Patent No(s) 6,465,013 and 6,852,335
Seal under cap for your protection. See bottom for exp. date.

NG834A

+ B Boost

B-Complex

Powerful support for vital bodily functions and daily energy*

Patented bio-activated absorption system

DIETARY SUPPLEMENT 240 TABLETS

DIRECTIONS: Take 2 tablets daily.

Supplement Facts

Serving Size: 2 Tablets

Serving Per Container: 120

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>5</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
</tr>
<tr>
<td>Thiamin (as thiamine mononitrate)</td>
<td>20.25 mg</td>
</tr>
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<td>Riboflavin</td>
<td>22.95 mg</td>
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<tr>
<td>Folate</td>
<td>668 mcg DFE (400 mcg folic acid)</td>
</tr>
<tr>
<td>Vitamin B12 (as cyanocobalamin)</td>
<td>81 mcg</td>
</tr>
<tr>
<td>Biotin (as d-biotin)</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Pantothenic Acid (as d-calcium pantothenate)</td>
<td>135 mg</td>
</tr>
</tbody>
</table>

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, TORULA YEAST, HYDROXYPROPYL METHYLCELLULOSE, CROSSCARMELLOSE SODIUM, HYDROXYLATED SOY LECITHIN.

Manufactured in a facility that may also process peanuts, tree nuts, milk, egg, soy, wheat, shellfish, and fish.

No artificial flavors, sweeteners, colors, or preservatives added.

Item #20194