

DIRECTIONS: Adults take one tablet daily, preferably with food or as directed by your doctor. B-Complex vitamins may be involved in energy production and helps maintain the health of nerves, eyes, skin, and hair.

WARNING: KEEP OUT OF REACH OF CHILDREN. DO NOT EXCEED RECOMMENDED DOSE. DO NOT PURCHASE IF OUTER SEAL IS BROKEN OR DAMAGED

When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

STORE TIGHTLY CLOSED IN A COOL, DRY PLACE.



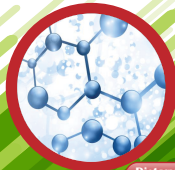
Produced for:
PCLQ Europe-Sweden,
Info@pclq-europe.com



HUMAN
essentials

B-Complex

with trace minerals



Dietary Supplement
30 Tablets

Supplement Facts

Serving Size: 1 Tablet • Servings per Container: 90

Amount Per Serving		%Daily Value
Total Carbohydrate	< 1g	< 1%*
Vitamin B1 (as thiamine mononitrate)	100 mg	6,667%
Vitamin B2 (riboflavin)	20 mg	1,176%
Niacin (as nicotinamide)	25 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%
Biotin	30 mcg	10%
Vitamin C (as ascorbic acid)	150 mg	250%
Pantothenic Acid (as D-calcium pantothenate)	5.5 mg	55%

*Based on a 2,000 calorie diet

Microcrystalline Cellulose, Calcium Carbonate, Sodium Croscarmellose, Silicon Dioxide, Magnesium Stearate, Hydroxypropyl Methylcellulose