

**Other Ingredients:** Organic agave inulin powder, organic pea starch, organic tapioca dextrose, silica, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum), organic guar gum powder.

**Contains No** dairy, wheat, gluten, eggs, peanuts, soy, tree nuts, fish, shellfish, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take 2 (two) vegetarian tablets daily, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN.

CERTIFIED ORGANIC BY QAI



CERTIFIED ORGANIC WHOLE FOOD  
**B-Complex**  
SUPPORTS ENERGY, STRESS  
& HEALTHY METABOLISM†

GLUTEN FREE • NON GMO • VEGAN

Dietary  
Supplement



60  
Vegetarian  
Tablets

**SUPPLEMENT FACTS**

Serving Size 2 Vegetarian Tablets  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Thiamin (as thiamine hydrochloride and from Organic Food Complex Blend)	4 mg	333%
Riboflavin (as riboflavin and from Organic Food Complex Blend)	7.7 mg	592%
Niacin (from Organic Food Complex Blend)	16 mg	100%
Vitamin B6 (as pyridoxine hydrochloride and from Organic Food Complex Blend)	8.5 mg	500%
Folate (from Organic Food Complex Blend)	400 mcg DFE (235 mcg folic acid)	100%
Vitamin B12 (as methylcobalamin and from Organic Food Complex Blend)	53.3 mcg	2221%
Biotin (as biotin and from Organic Food Complex Blend)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate and from Organic Food Complex Blend)	10 mg	200%
<b>Organic Food Complex Blend</b> Organic Quinoa Sprouts, Organic Rice Protein, Organic Yeast, Organic Black Strap Molasses, <i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus rhamnosus</i> , Bromelain, Papain, Organic Strawberry, Organic Blueberry, Organic Raspberry, Organic Tart Cherry, Organic Pomegranate, Organic Cranberry	850 mg	*

\*Daily Value not established

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