



Product Specification Sheet

Product: Vitamin B Complex 100% NRV

Strength: n/a

Product Code: B109

Tablet Size: 8 mm

Storage Conditions: Store in a cool, dry place away from light

Active Ingredients	Per 1 Tablet Serving	% NRV
Vitamin B1 (Thiamine Hcl)	1.1 mg	100%
Vitamin B2 (Riboflavin)	1.4 mg	100%
Vitamin B3 (Niacin)	16 mg	100%
Vitamin B5 (Pantothenic Acid)	6 mg	100%
Vitamin B6 (Pyridoxine Hcl)	1.4 mg	100%
Vitamin B12 (Cyanocobalamin)	2.5 mcg	100%
Biotin (D-)	50 mcg	100%
Folic Acid	200 mcg	100%

Ingredients: Bulking Agents (Micro Crystalline Cellulose, Nicotinamide, Calcium D-Pantothenate, Riboflavin, Pyridoxine Hcl, Thiamine Hcl, Folic Acid, D-Biotin, Methylcobalamin, Anti Caking Agents (Magnesium Stearate).

Directions: Take one (1) tablet daily with a meal. Do not exceed the recommended dose.

Suitable for Vegetarians: Yes

Suitable for Vegans: Yes

Product Contains:

Peanuts	No
Nuts	No
Sesame Seeds	No
Milk	No
Egg	No
Cereals	No
Soya	No
Lupin	No
Mustard	No
Celery	No
Fish	No
Molluscs	No
Crustaceans	No
Sulphur Dioxide	No
GMO Status	Non-GMO