

PK002930
5A007

#1 PHARMACIST RECOMMENDED

VITAMIN &
SUPPLEMENT
BRAND*

Nature Made

SUPER

B-Complex
with C



**B vitamins
support a healthy
brain and nervous
system†**

160 ~~140~~ TABLETS

EVERYDAY VALUE

**Vitamin C helps
support the
immune system†**

Dietary Supplement

†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.

SUGGESTED USE: Adults, take 1 tablet daily with water and a meal.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if seal under cap is broken or missing.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid) 150 mg	167%
Thiamin (as Thiamine Mononitrate) 100 mg	8333%
Riboflavin 20 mg	1538%
Niacin (as Niacinamide) 25 mg	156%
Vitamin B6 (as Pyridoxine Hydrochloride) 2 mg	118%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as Cyanocobalamin) 15 mcg	625%
Biotin 30 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) 5.5 mg	110%

USP has tested and verified ingredients, potency, and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org

★ Based on a survey of pharmacists who recommend branded vitamins and supplements.

CAUTION: If you are taking medication, including anticonvulsants, consult your physician before use.

OTHER INGREDIENTS:

Dibasic Calcium Phosphate, Cellulose Gel, Less than 2% of Hypromellose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Polyethylene Glycol.

DISTRIBUTED BY:

**Nature Made
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www.NatureMade.com

Lot:
Exp.: