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#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*



B-Complex +C

ENERGY + BRAIN

Key nutrients support cellular energy, healthy brain function, aging & nervous system[†]

Over 100% daily value of 5 key B vitamins

100 CAPLETS

Dietary Supplement

†This statement has 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 caplet 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.

Supplement Facts

Serving Size 1 Caplet

Amount Per Caplet	% Daily Value
Vitamin C (as Ascorbic Acid) 300 mg	333%
Thiamin (as Thiamine Mononitrate) 15 mg	1250%
Riboflavin 10.2 mg	785%
Niacin (as Niacinamide) 50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride) 5 mg	294%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	200%

OTHER INGREDIENTS: Cellulose Gel, Hypromellose, Croscarmellose Sodium, Magnesium Stearate, Polyethylene Glycol.

DISTRIBUTED BY: Nature Made Nutritional Products

West Hills, CA 91309-9903, USA 1-800-276-2878 • www.NatureMade.com

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.

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

CAUTION:

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

Lot:
Exp.: