

## Complete B-Complex

### 180 capsules

Item Catalog Number: 00110



The many B vitamins are used in the body individually or in combination with enzymes to help release energy from carbohydrates, fat, and protein. Vitamin B coenzymes are crucial to the metabolic pathways that generate the energy needed by every cell in the body. Because they are codependent in their metabolic activities, a deficiency of one B vitamin can affect optimal functioning of organ systems throughout the body.<sup>134</sup>

Most B-complex products contain the same amount of each B vitamin. But studies have shown that pantothenic acid (vitamin B5) has an ideal daily dose of over 700 mg. Complete B-Complex contains potent, but safe, and scientifically validated amounts of the B vitamins.

### References

### Supplement Facts

Serving Size 3 capsules

Servings Per Container 60

#### Amount Per Serving

Thiamin (vitamin B1) (as thiamin HCl)	100 mg
Riboflavin (vitamin B2)	50 mg
Niacin (as niacinamide and niacin)	200 mg
Vitamin B6 (as pyridoxine HCl)	75 mg
Folic acid	800 mcg
Vitamin B12 (as cyanocobalamin)	1000 mcg
Biotin	600 mcg
Pantothenic acid (as D-calcium pantothenate)	1000 mg
Betaine free base (trimethylglycine)	50 mg
Choline (as choline bitartrate)	45 mg
Inositol	250 mg
<i>para</i> -aminobenzoic acid (PABA)	100 mg

Other ingredients: gelatin, water, magnesium stearate, silica.

Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors or preservatives.

### Dosage and Use

- Take three capsules in divided doses with meals, or as recommended by a healthcare practitioner.

### Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- 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.

### Related Keywords

B Vitamins, B Complex Vitamins

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