

Best
Before:
Lot #:

B-COMPLEX

WHOLE FOOD NUTRIENTS

Enhances Energy Production
and Tissue Maintenance*

Balanced Spectrum of B Vitamins

Nutrient Rich Whole Foods

Vegetarian Formula



PROFESSIONAL
THE RIGHT FOODS

Dietary Supplement

30 Food Tablets

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



2
Rev 3: 8/06

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% *Daily Value	
Thiamine(B1, Rice Bran*)	50 mg	3333
Riboflavin(B2, Pumpkin Seed*)	50 mg	2941
Niacin(B3, Green Papaya*)	50 mg	250
Vitamin B6(B6, Green Pepper*)	50 mg	250
Folic Acid(Folate, Onion*)	400 mcg	100
Vitamin B12(B12)	100 mcg	1667
Biotin(Biotin, Tomato*)	50 mcg	17
Pantothenic Acid(B5, Cranberry*)	50 mg	500
Inositol(Inositol, Orange Peel)	50 mg	**
Choline(Choline, Rice Bran)	50 mg	**
PABA(PABA, Spinach)	10 mg	**

B-COMPLEX is created to provide all the essential B vitamins known to have important roles in many physiological functions of the body, including energy production and nutrient metabolism and to maintain well-being*. **B-COMPLEX** also provides the Complete Active Range™ of all food compound classes which research indicates is necessary in the diet to maintain optimal health.*

Amount per Serving	% Daily Value
Complete Active Range™ Food Compounds:	
Terpenes (Carotenoids [†] : Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); Phenols (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); Amines (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); Polysaccharides (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); Organosulfurs (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); Lipids (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); Organic Acids (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) . . . 275 mg **	
Total Food & Herb Fresh Weight is 2,000 mg.	

Other Ingredients: Guar Gum, Vegetable, Lubricant, Silica, Food Glaze.

Recommended Usage: One tablet daily, with or without food, or as recommended by your health care professional.

B-COMPLEX is FREE from Corn, Dairy, Wheat and Yeast.

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

[†] Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

Questions? Call 1.800.634.6342

BioSan Laboratories Inc.
An FDA Registered
Establishment,
PO Box 25, Windham, NH
03087 USA

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