

# The Shaklee Difference

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Get Your Get B Complex Products Here:

<http://www.shaklee.net/mimc/product/BComplex>

**Promotes Cardiovascular Health**

The B vitamins folic acid, B<sub>6</sub>, and B<sub>12</sub> promote a healthy cardiovascular system by helping to maintain low homocysteine levels in the blood. Adequate amounts of folic acid in a healthy diet may reduce the risk of having a child with neural tube birth defects. With the patented Shaklee delivery system for folic acid, the immediate release of this nutrient in the stomach is enhanced, making it readily available for absorption. The eight B vitamins catalyze hundreds of critical biochemical reactions in the body, such as converting the foods we eat into energy. They also are essential in carbohydrate, fat, and protein metabolism, and in the synthesis of DNA and new cells.

No artificial colors, flavors, sweeteners, or preservatives added.  
 Bottle has printed seal under cap for your protection.  
 U.S. Patent No(s) 6,465,013 and 6,852,335

NC331A



**HIGH POTENCY  
 B VITAMINS WITH  
 FOLIC ACID**

**B-COMPLEX**  
 Dietary Supplement

**240 TABLETS**



**DIRECTIONS:** Take 2 tablets daily.

**Supplement Facts**

Serving Size: 2 Tablets  
 Servings Per Container: 120

	Amount Per Serving	% DV
Calories	5	
Total Carbohydrate	1 g	<1%*
Thiamin (as thiamine mononitrate)	20.25 mg	1,350%
Riboflavin	22.95 mg	1,350%
Niacin (as niacinamide)	270 mg	1,350%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	27 mg	1,350%
Folate (as folic acid)	400 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin)	81 mcg	1,350%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	135 mg	1,350%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, TORULA YEAST, BREWER'S YEAST, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELLOSE SODIUM, HYDROXYLATED SOY LECITHIN.

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