

Pattern
WELLNESS

Vitamin B Complex

Promotes Energy Production*

SUPPORTS COGNITIVE & NERVOUS SYSTEM FUNCTION*

60 VEGETARIAN
CAPSULES



DIETARY
SUPPLEMENT
30 DAY SUPPLY

Suggested Use: Take two (2) capsules daily with food, or as recommended by your healthcare provider.

Warnings: Do not exceed the recommended daily dose. Not intended for use by children under the age of 18. Consult a physician if you are pregnant or nursing, have a medical condition, are due for surgery, or are taking any medications. Individual results may vary. Discontinue use and consult a physician if any adverse reactions occur. Do not use if seal under lid is missing or damaged. Dietary supplements are not a substitute for a varied diet and healthy lifestyle. **KEEP OUT OF REACH OF CHILDREN.**

Store in a cool, dry place. For batch number and best before end date, see base.



GLUTEN
FREE



DAIRY
FREE



SOY
FREE



NON-
GMO



Supplement Facts

Serving Size: 2 Capsules | Servings Per Container: 30

	Amount Per Serving	% Daily Value
Thiamine (as thiamine HCl)	100 mg	8,333%
Riboflavin (as riboflavin and riboflavin 5'-phosphate)	75 mg	5,769%
Niacin (as niacinamide and niacin)	100 mg NE	625%
Vitamin B6 as (pyridoxine HCl, pyridoxine 5'-phosphate)	100 mg	5,882%
Folate (as calcium 5-methyltetrahydrofolate)	666 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	300 mcg	12,500%
Biotin	1000 mcg	3,333%
Pantothenic Acid (as calcium D-pantothenate)	560 mg	11,200%
Calcium (as D-pantothenate)	50 mg	4%
Inositol	100 mg	†
PABA (para-aminobenzoic acid)	50 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Capsule shell (hydroxypropyl methylcellulose), brown rice flour, bamboo extract, magnesium stearate.

Distributed by:

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*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.