

SUGGESTED USE: Adults, as a dietary supplement, take two (2) teaspoons (10 mL) daily.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

DR. MERCOLA[®]

LIQUID
VITAMIN B
COMPLEX

NATURAL CITRUS FLAVOR WITH OTHER NATURAL FLAVORS

DIETARY SUPPLEMENT

9.8 FL. OZ. (290 mL)

10386-v100



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Supplement Facts

Serving Size: 2 tsp (10 mL)

Servings Per Container: 29

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugars	0 g	
Thiamin (as Thiamine HCl) (Vitamin B ₁)	4 mg	333%
Riboflavin (as Riboflavin 5-Phosphate Sodium) (Vitamin B ₂)	3 mg	231%
Niacin (as Niacinamide) (Vitamin B ₃)	30 mg	188%
Vitamin B ₆ (as Pyridoxine HCl)	20 mg	1176%
Vitamin B ₁₂ (as Methylcobalamin)	1,000 mcg	41667%
Pantothenic Acid (as D-Calcium Pantothenate) (Vitamin B ₅)	10 mg	200%

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

OTHER INGREDIENTS: Water, Glycerin[^], Apple Juice Concentrate[^], Natural Flavors[^], Citric Acid, Natural Flavor, Guar Gum, Citrus Extract[^]. [^]Organic Ingredients

DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696

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