



Colors Derived from Natural Sources – No Synthetic Dyes
No Artificial Flavors • No Preservatives • No Yeast or Starch • Gluten Free

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Thiamin (as Thiamin Mononitrate) 1.5 mg	100%
Riboflavin 1.7 mg	100%
Niacin (as Niacinamide) 20 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin) 6 mcg	100%
Biotin 300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	100%

SUGGESTED Take one softgel daily, with a meal. For easier swallowing, take with water before and during ingestion.

Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

OTHER INGREDIENTS: Soybean Oil, Gelatin, Dibasic Calcium Phosphate, Glycerin, Yellow Beeswax, Water, Colors Added, Soy Lecithin, Resin.

Contains: Soy.

Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

Encapsulated and Quality Tested in the U.S.A.

Super B Energy Complex softgels are made to Nature Made's guaranteed purity and potency standards.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.